



2009

## CCAC Meet

Golden Gate High School

#1 Titan Way

Naples, Florida 34116

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- Date:** March 27, 2009
- Location:** Golden Gate High School
- Directions:** From the North on I-75: Exit 101, Turn North on 951 approximately 1/3 mile, left on Magnolia Pond and straight in to the school 1 mile (dead end)  
From the North on 951: South until Magnolia Pond just before the Interstate, turn right onto Magnolia Pond and go 1 mile to the school (dead end)
- Timing:** Half-Mile Timing will provide all timing and data. Online entry via [www.directathletics.com](http://www.directathletics.com) must be done between March 19, and March 24, by 11:59 PM. Official entry lists must be submitted to Golden Gate High School by March 25, 2009. **THERE WILL BE a 3 ENTRY PER EVENT LIMIT PER SCHOOL.**
- Scoring:** Hy-Tek program scoring 10-8-6-5-4-3-2-1
- Cost:** \$0 / Loss split among schools.
- Awards:** CCAC Trophy Presentation at the conclusion of the meet.
- Buses:** Please drop athletes at the north end of the stadium (the end opposite of the scoreboard) and proceed in front of the school to bus parking near the Titan auditorium. **NO STUDENTS/COACHES should enter the school.**
- Tents/Camp:** No tents in the bleachers. Tents may be set up under the home team bleachers but NOT near the starting line.
- Warm up:** The practice field near the Gym should be used for warming up, hurdle practice, baton exchanges, etc. There will be several "lanes" painted onto the field for athletes' use. The "middle" practice field will have the Discus event and should NOT be used for any meet preparation.
- Restrooms:** Located near the concession stand at the scoreboard (south) end of the stadium and in the visitors concession stand across the track. NO locker rooms will be available.
- Concessions:** Located at the scoreboard (south) end of the stadium.
- Coaches:** Coaches will meet at 2:20 in the press box.

**Meet Start:** Start time for field events will be at 2:45 p.m. or sooner and the 4 X 800 will start at 3:00 p.m. Preliminaries will begin at 4:00 p.m. with finals starting immediately after the end of preliminaries

**Trash:** Please pick up after your team. This is the biggest problem hosting, help out please.

**Minimums:** Starting heights:

High Jump Girls: 4' 00"

High Jump Boys: 5' 2"

Pole Vault Girls: 6' 00"

Pole Vault Boys: 7' 00"

Shot Put: TBD

Discus: TBD

**Schedule:** Prelim schedule is:

100m hurdles

110m hurdles

G 100m

B 100m

G 300m hurdles

B 300m hurdles

G 200m

B 200m

**Staging:** All athletes will enter the track from the north end of the stadium and be kept in the staging area. Athletes will advance up the benches until their heat is called. Upon completion of their races, athletes will exit the gate at the south (scoreboard) end of the stadium. Officials will be there to direct traffic. Runners will be safely escorted out the gate at the south end of the stadium. Only Relay Runners will be allowed on the stadium infield and will be kept in a coral near the exchange zone.

**Starting Line:** All Coaches are encouraged to keep their athletes away from the outside fence near the starting line to insure a fair start. No non-competing athletes will be allowed into the starting area.

**Finish Line:** Athletes should stay in their lanes until dismissed. Middle Distance races on up will receive a number at the finish line and may also wear hip numbers for the automatic timing system. These athletes should exit the finish area to the left and immediately check in with the meet official to record their finish place.

## **Meet Officials**

**Starter:**

Nick Hallock

**Timing and Scoring:**

Half-Mile Timing

**Clerk of Course:**

Coach Steve Thomson, GGHS

**Finish Line:**

Dr. Curtis Chapman, GGHS

**Discus:**

Palmetto Ridge

**Shot Put:**

Meghan Leiti & Coach Kaye, GGHS

**High Jump:**

Naples

**Boys Long Jump:**

Coach Jim Smith, GGHS

**Boys Triple Jump:**

BCHS

**Girls Long Jump:**

Immokalee

**Girls Triple Jump:**

**Pole Vault:**

**General Information:**

**Jury of Appeals:**

Lely

GCHS

Nick Young, Lely High School, Stadium Press Box

1 Per School