

2012 Southern Connecticut Conference Coaches Invitational

Coaches' Instructions

Scratch Procedures

1. Scratch your 4x200 m Relay or 4x800 m Relay teams at the **finish line timing table BEFORE 8:30 am:**
2. Scratch your athletes in the 55mHurdles, 55mDash, 1000m, 600m, 1600m and 1600 SMR at the **Clerk table BEFORE 8:45 a.m.**
3. **You must sign-in your competing athletes (positive declaration) in the 300m, 3200m and the 4x400 m relay** at the Clerk table beginning at the start of the Girls 1600m and no later than the start of the Boys Sprint Medley Relay. **After that point all non-declared athletes will be scratched from their event.**
4. Scratch your field event athletes with the official at the field event site.

Meet Event Procedures

1. Relays will report competing athletes via a relay slip; Blue is for boys, Green is for girls. These slips can be picked up from the clerk before the start of the meet. Have your anchor runner hand this slip to the clerk when they receive their hip numbers.
2. Athletes should report to the clerk for lane assignments and hip numbers one event prior to their own; athletes should not expect to hear event announcements. **Athletes are to place hip numbers on their left hip**, squarely on the seam.
3. Girls who wear the “bum-hugger” style shorts may want to place the hip number directly on their left leg, below the shorts.
4. Teams that have the newer synthetic shorts should use a pin or paper clip to attach the number to their left hip as the numbers have been known to not stick and fall off these newer type shorts.
5. Please emphasize to your athletes that they should stay away from the finish line area unless competing in a race.