TECHNICAL PACKAGE – PHOENIX MEET – August 2, 2020

All athletes must gather up their belongings and leave the stadium as quickly as

possible for warm down outside the stadium after each event!

# Due to COVID-19 restrictions, there will be a limited number of athletes, officials, and staff allowed inside the stadium at one time. NO spectators are allowed inside the stadium. All people – other than athletes in the stadium for their events – are encouraged to physically distance and wear a mask if distancing is a problem.

2. Coaches can pick up their packages on the NW side of the stadium.

3. Only athletes who are competing will be allowed inside the stadium.

4. Athletes must warm up on the fields or in the parks.

5. There will be one stadium enter and exit gate. Please note however that Runners are to

leave via the date right at the Finish line.

6. Heat sheets and results will be posted outside the stadium.

7. Heats will be numbered. While Heat #1 is in the stadium, on the track ready to run,

Heat #2 will be at the 800 start line, ready to run their heat. Heat #3 will be finishing warm-up in the stadium. Heats 4, 5 etc. will be warming up outside the stadium. Volunteers will admit athletes to the stadium at the appropriate time.

8. 100 Heats will be run in lanes 2, 4, 6, and 8. 400’s will be run in lanes 2, 4, 6, and 8.

800’s will be seeded as though they are semis. Heat 1 -1 seed. Heat 2 – 2 seed, etc.

800 runners will use the 4 x 400 three turn stagger, and then can cut in.

9. Jumps will report to the Shot Put area outside the track. An official will walk the entire

field in to the event.

10. Athletes in Throws events are required to provide their own implements. Implements cannot be shared due to Covid restrictions. Throwers are to report to their competition area when called.

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