

12th Spring Break Classic of Carolina

Competition Rules and Modifications

1. Rules governing the competition – IAAF
2. All athlete's participating must be eligible student athletes for their Division. In the case of athletes representing their country, they must have authorization from there National Federation.
3. Call Room - all athletes for track events must report one hour before the event starts. This measure is because order of events prevails but the schedule can be change according to the registration of competitors.
4. General Warm-up Area - in the green area outside the track by the softball field.
5. Field Events - (1) athletes will report directly to the event for their participation. (2) once the event starts any athlete without exception may not be included to participate.
6. Implements - all throwing implements must be certified by the Technical Director (Mr. Jorge Ortiz) two hours before the start of the event.
7. Attempts - in throwing events and horizontal jumps each competitor is entitled to four trials. If the total number of participants exceeds sixteen (20) athletes, it will be divided into two groups.
8. Starting Heights and Progressions. Pole Vault – females 2.30m; males 3.00m. Progressions for both genders will be 10cm. High Jump – females 1.35m; males 1.55m. Progressions for both will be 5cm.
9. 800m. - Because of race schedule there will be two heats if all participants are present. This means that athletes will share a lane. Runners, preferably from the same institution or high time - low time.
10. Coaching Box - (1) the coaches have the right to be in the event area outside lane eight if space is appropriately provided; (2) if athletes are not competing in the event, the coach will lose the right to be in the area. This is a privilege to help your athlete.
 - a. High Jump: second curve in the grass area.
 - b. All Throwing Events: grass area outside lane eight behind the Hammer Cage.
 - c. Pole Vault: straight away grass area outside the track.
 - e. Horizontal Jumps: unfortunately, outside the competition area.

Prof. Michael A. Serralta
Technical Delegate