

Coaches:

Welcome to the 11th Annual Phillips-McCain Track & Field Invitational. The following are some last minute reminders and requirements to keep the meet moving quickly and to provide everyone with an enjoyable meet.

1. Athletes must check in at the first call for all events. Running event check-in is with the clerk of the course located adjacent to the Snack Shack. Field event check-in is at the event. All relay members or individual runners must remain near the bullpen after check-in. If an athlete(s) is not present at third call, they will be scratched.
2. You may substitute an athlete for one already entered. There will be no additions. Have the substitute check in as the original athlete and run as that person.
3. "B" team relays will not count in the team scoring and cannot earn t-shirts.
4. Warm-ups can be done around campus and on the lower playing field.
5. Canopies/tents can be set up at the top of the bleachers to ensure spectators' views are not obstructed.
6. T-shirts will be awarded to the top three places in all events. Plaques will be awarded to the top three teams in each division.
7. Athletes may only use 1/4" or 1/8" spikes on the track and runways.
8. Please use the enclosed trash bag to help us keep the facility clean by picking up garbage in your team area.
9. Please fill out the outstanding athlete sheet and turn it in to the announcer as soon as possible so that those athletes can be recognized for their performances past and present.
10. Results will be emailed to each participating school as well as posted on dyestatcal.com. Medals will be available for pick-up at the end of the meet or your team's last event at the press box.

Thanks again for attending our meet. We hope that you all have a successful and enjoyable day. We look forward to seeing all of you again next year.

Chris Puppione
Head Track & Field Coach, Miramonte High School
Meet Director, Phillips-McCain Invitational