

2025 DIAA Outdoor Track & Field Championships
Important Meet Information

- On Friday afternoon, do not use the main entrance to the school and do not park in the lot behind the “home” grandstand. Please enter the campus by the back road and unload on the south side of the stadium near the scoreboard.
- Please do not set up team camps on the infield. This must be monitored by each coach. Coaches can be in the designated coaching boxes at the field event sites.
- Tents are allowed on the top of the backstretch stands and in the turf field/mini-stadium. PLEASE secure your tent. We all have liability for flying objects. Safety and visibility for all spectators is most important. Also, the stadium area is not secured overnight Friday. Leaving your tent and supplies overnight is not the responsibility of Dover HS nor DIAA. Please leave your area clean when you leave on Friday and Saturday.
- There will be a need for volunteer workers from each school. We need many people to make this meet run efficiently. Workers should report directly to their assignments. We would like two people from each school to work. There are times when a team cannot provide two. If there are teams that do not have an assignment or teams that have extra workers, please have them see the starters to find out if something needs to be covered. Send you event requests to me, Jim Fischer, at fischline70@gmail.com or 302-530-4475. Give me two or three possibilities.
- The meet will follow the published schedule. Any changes because of weather, equipment failure, etc., will be announced in advance for your preparation.
- Protests must be filed in writing to the referee within 30 minutes of the results being posted. Referee's Decisions may be protested by submitting \$50 with a written protest for the Jury of Appeals (three to be named). If the protest is upheld, money will be returned.
- Medals will be awarded to 1st, 2nd, and 3rd place finishers. After the event is completed and has been announced, medals will be available. Live results will be available on MileSplit.
- Team scoring is to 8 places – 10-8-6-5-4-3-2-1. Trophies are presented to the top two teams in each division.
- Trainers will be located adjacent to the bullpen. You must furnish your own tape and supplies if an athlete is in need of attention. Ice is available. A note from the home trainer is required for any type of treatment.
- Tape or chalk can be used for field events and relays.
- On first call, athletes should get their numbers and report to the event venue. On second call, runners should be at the starting area, ready to compete. Last call means the event is ready to go.

FIELD EVENTS

- The scheduled time listed for field events is the time the competition should start. Warmups should be concluded at that time. We will have ten minutes between flights and twenty minutes between divisions.
- The shot put and discus areas are outside of the track stadium next to the turf field team camp area. All implements must be weighed in before the competition. Throwing with an implement that is underweight or not weighed in/not certified will result in disqualification.

- There will be coaches' boxes designated for each field event.
- Nine athletes will go to the finals in the throws and horizontal jumps.
- Checking out from a field event – Kids get nervous and want to check out from a field event twenty minutes before the race. The policy is you check out for ten minutes and then the athlete needs to be back. The field event official is not charged with chasing down the athlete. The athlete doubles at their own risk. If they are throwing and doing the high jump, they might have trouble. Vertical jumps have priority over horizontal jumps and throws. Running events have priority over all field events. The question has come up in the past that in finals, the person with the best prelim performance should be the last competitor and, in fact, the finals should be contested in reverse order.

RUNNING EVENTS

- The bullpen check-in is in the area near the start/finish line. This area is for athletes only. Athletes report for all running events to the bullpen. Check in on the first call. Relays need only one person to check in their team and hand in the relay card. Athletes must be race ready in the event clerking area when the second call for the event is made.
- Access to the track will mainly be through the "bullpen" gate near the start/finish area.
- Hand in relay cards at the time you report to the bullpen. Include the names of the runners (include substitutes). Please designate who will run and the order in which they will run.
- Sprint relay hand-off and hurdle practice must be completed before the start of the first event on the track on both days.
- For running events – FIRST CALL (15 minutes before) is a reminder to check in. An athlete could be checked in by the athlete or a teammate. Relays can be checked in by one athlete with the completed relay card. SECOND CALL (10 minutes before) is that everyone should be checked in and be in the clerking area near the start of the race. LAST CALL (five minutes before) means that the athletes are race ready and waiting to be taken to the start.
- Hip numbers will be picked up in the bullpen area. There will be no hip numbers for events run entirely in lanes. Hip numbers for 800m, 1600m, and 3200m events are worn on the right hip and right chest. In the 4 x 400m and 4 x 800m relays, all four runners will wear a number on their right hip with the anchor wearing hip numbers on the right hip and right chest.
- There will be a roped off "strider" area on the football field for those in the next event on the track. All warmup should be done outside of the track.
- Starting blocks will be provided, but you may use your own blocks. For the start of the race, someone can sit, not stand, to hold the blocks for a teammate and remove them after the race has started.
- Relay athletes should be in singlets of similar color with the school clearly designated.

EVENT INFORMATION

- The shot put and discus will be contested outside the track and field stadium beside the team camp area. Each athlete will get three throws in the prelims and the top nine will go to the finals for three more throws.
- The long jump and triple jump will be contested inside the track and field stadium, girls inside of the track (second turn) and the boys outside the track on the backstretch. Each athlete will get three jumps in the prelims and the top nine will go to the finals for three more jumps.
- The high jump (first turn) and the pole vault (second turn) will be contested inside of the track. The starting height will be one increment below the lowest seed height of all the athletes.
- The 100m/110m hurdles will be contested on the straightaway with ten flights of hurdles. The girls' hurdles are 33" high on the yellow marks and the boys' hurdles are 39" high on the blue marks.
- The 300m hurdles Start at the top of the backstretch with eight flights of hurdles. The girls' hurdles are 30" high and the boys' hurdles are 36" high. They are positioned on the white marks.
- The 100m dash is run entirely in lanes, contested on the home straightaway, finishing at the common finish line.
- The 200m dash is run entirely in lanes, starting at the beginning of the second turn using the white starting line.
- The 400m dash is one lap run entirely in lanes, using the white staggered starting line.
- The 800m run is two laps. The athletes will start at the white and green starting line, will run in their lane around the first turn, and break after the break line cones on the back straightaway.
- The 1600m run is four laps and will start with a waterfall start.
- The 3200m run is eight laps, will start in two alleys with a waterfall start around the first turn, and break after the break line cones on the back straightaway. The outside alley is marked by green hash marks on the white lane line. The fastest seeds will be in the outside alley.
- The 4 x 100m relay will be one lap run in lanes the whole way, using a white starting line. All zones will use a 30m relay zone, each defined using yellow triangles in their lane.
- The 4 x 200 relay will be two laps run in lanes the whole way, using a white and black starting line. All zones will use a 30m relay zone. The first and second zones are defined using black triangles in their lane and the third zone is defined using yellow triangles in their lane.
- The 4 x 400m relay is four laps using a white and blue starting line. The first runner runs the entire lap in their lane. The zones are 20m long and are defined using staggered blue triangles in their lane. The second runners use the staggered blue relay zone, they stay in their lane around the first turn, and break after the break line cones on the back straightaway. The second and third zones are blue and they are straight across the track, not staggered.
- The 4 x 800m relay is eight laps, will start in lanes around the first turn, and break after the break line cones on the back straightaway. The outside alley is marked by green hash marks on the white lane line. The 20m relay zones are blue and they are straight across the track, not staggered. The fastest seeds will be in the outside alley.