



2026 PACKET CONTENTS

These items will be in the actual packet you receive upon arrival:

1. Participant Bib Numbers(s)
Note: All chest numbers are labeled with the athlete's name. Be sure that each athlete receives the correct number. DO NOT LOSE THIS. There will be a \$20 bib replacement fee.
2. Receipt
3. Team Roster
4. BibBoards
5. Simplot Games Program with Thursday / Friday heat sheets
Finals Day Sheet (\$2) available in Simplot Games Store on Saturday morning.

This online packet contains the following:

6. Simplot Games Calendar of Events
7. Simplot Games Participant T-shirts and Practice Times
8. Special Notices
9. Results QR Code / ICCU Dome Event Layout (formerly Holt Arena)
10. Simplot Games Transportation Dispatch Information
11. Stacy Dragila pole vault camp / ISU Guest Wireless Info
13. The Student Rec Center at Reed Gym & ISU Pond Student Union
bowling, billiards, and game area

Coaches' Information Section

14. Coaches' Information – *Important . . . Please Read!*
15. Pole Vault Coaching Box Policy
16. Starting / Finishing Procedures



Thursday, February 19, 2026

- | | |
|-------------------------|---|
| 2:00 p.m. to 4:00 p.m. | Athlete Warm-Up Time (ICCU Dome) |
| 3:00 p.m. to 9:00 p.m. | Packet Pick-Up (<i>ICCU Dome southeast floor</i>)
Simplot Games Store Open (<i>Bennion Room, NW hallway</i>) |
| 4:15 p.m. to 4:25 p.m. | Simplot Games Ribbon-Cutting Ceremony - (<i>ICCU Dome – on Simplot Games logo oval track</i>) |
| 4:30 p.m. to 10:00 p.m. | Meet (<i>ICCU Dome</i>) |

Friday, February 20, 2026

- | | |
|------------------------|---|
| 7:00 a.m. to 8:30 a.m. | Athlete Warm-Up Time |
| 8:00 a.m. to 8:30 a.m. | Coaches meeting – (<i>ICCU Dome NW ramp</i>) |
| 8:35 a.m. to 5:00 p.m. | Meet (<i>ICCU Dome</i>) |
| 2:00 p.m. to 3:00 p.m. | Olympian Autograph Signing – (<i>ICCU Dome northeast floor</i>) |

Saturday, February 21, 2026

- | | |
|------------------------|--|
| 7:00 a.m. – 7:45 a.m. | Athlete Warm-Up Time (<i>ICCU Dome</i>) |
| 7:30 a.m. to 8:45 a.m. | Dick Fosbury Breakfast: Community Breakfast with Olympian Tara Davis-Woodhall and Paralympian Hunter Woodhall , ICCU Alumni Center at ISU
<i>Ticket Required – purchase ticket at www.simplotgames.com/store</i> |
| 8:30 a.m. | Simplot Games Finals Begin |
| 11:30 a.m. | Simplot Games Ceremony |
| 12:15 p.m. – 5:00 p.m. | Simplot Games Finals and Award Presentations |



T-SHIRTS

Each Simplot Games participant gets a free t-shirt. Take your bib number to the northeast corner to get yours. **The only way to get a shirt is to present your bib number.**

ATHLETE PRACTICE TIMES

Wed. – 6:00 pm to 8:30 pm

Thurs. – 2:00 pm to 4:00 pm

Fri. – 7:00 am to 8:15 am

Sat. – 7:00 am to 7:45 am

Please observe these scheduled times!
We are guests of the ISU Track Team.
Please respect their practice time.

NOTICES

PLEASE READ!!!

SPIKED TRACK SHOES

In Thursday's track preliminaries, spiked shoes are **ONLY** allowed in the 60-meter Hurdles for safety reasons.

For all other preliminary track events on Thursday and Friday, running shoes only. No spikes!

In Saturday's finals, spiked shoes are allowed in all events.

Spikes may be used for field events both Friday and Saturday. Spikes in sizes 3/16" for track and 1/4" for field events are available for purchase in the Simplot Games Store.

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PARKING

Please help to reduce parking congestion. Buses and vans, please park on the **NORTH** side of the ICCU Dome in the large parking area.

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SEATING

Seating is available on both the North and South sides of the Arena. Bags and coolers are subject to search.

The Ceremony/Parade of Athletes is best viewed on the South side!

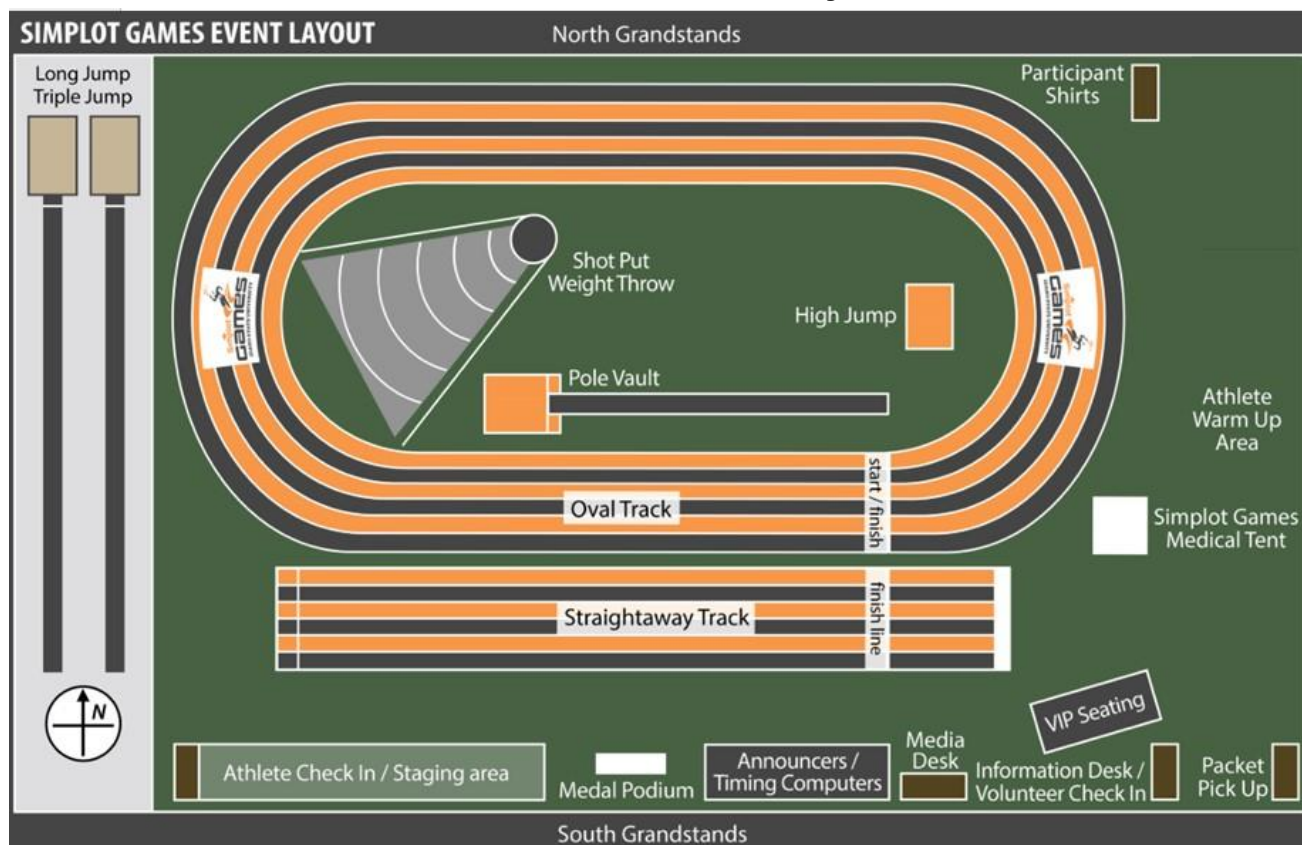
RESULTS QR CODE

Use this QR code to access event results online. Results will not be posted until the entire event is completed. Please give us a minute to ensure accuracy.

RESULTS



ICCU Dome Event Layout





Shuttle Service

208-807-1764

Transportation to and from the ICCU Dome

Hours

Wednesday, Thursday & Sunday
Call to schedule pick-up 24 hours in
advance

Friday: 6:30–5:00

Saturday: 6:30–5:00

ON
THE RUNWAY



**STACY
DRAGILA
VAULT CO.**

IN
THE SCHOOLS

STACY DRAGILA SPORTS COMPLEX

Located outside Boise in Garden City, Stacy's Sports Complex features Indoor and Outdoor pole vault for all year training. The complex also features a new weight room to compliment the wide range of equipment already available and over 200 UCS Spirit poles of all sizes. Athletes travel from throughout Idaho, the Northwest & the U.S. to receive personalized elite training from Stacy and her Team.



2025 SUMMER VAULT CAMPS

CAMP #1

JUNE 25-28
IN-HOUSE

JUNE 26-28
COMMUTER



CAMP #2

JULY 9-12
IN-HOUSE

JULY 10-12
COMMUTER

SDVC SUMMER CAMPS

Considered one of the top pole vault camps in the nation, athletes travel from around the world for Stacy's immersive, comprehensive camp experience. Video review, classroom study, collegiate recruiting insights, speed testing, and vault training are packed into 4-day camps where athletes have the opportunity to live, eat & sleep at Stacy's ranchhouse in a memorable camp experience that can change the trajectory of your vaulting career and future.

STICK JUMPING

Through her non profit educational initiative "Try Something New", Stacy has traveled the world to bring the challenges and thrills of pole vaulting to over 50,000 schoolchildren in this curriculum-based P.E. class where kids as young as 8 years old fly on bamboo sticks and learn "The Power of Failure." Contact Stacy to find out howto bring this program to your child's school today.



MOTIVATIONAL SPEAKER

Stacy is also available as a motivational speaker for your corporate, community or educational event.



www.STACYDRAGILA.com

stacydragila@gmail.com 208.241.1234

Connecting to ISU guest wireless service

1. Select **TigerGuest** from the list of available wireless networks. After joining, open a web browser (Internet Explorer, Firefox, Chrome, Safari, etc.). Once your browser is open, go to www.isu.edu. You should be redirected to the page shown on the back (#1).
2. If you have already created an account, sign in. If you have not created an account, click on the **Don't have an account?** link.
3. To create an account, fill out the required information (#2 on back): create a username, first and last name, and email address. Your account information will be sent to your email address. You can also provide a cell phone number and provider and your credentials will be sent to you via text message. Carrier chargers may apply.
4. Click the box agreeing to the Terms and Conditions; then click the register button. Your login credentials will be displayed. Click on **Text Me** to send your credentials via text. Click **Sign On** to be redirected to the ISU webpage and granted access onto the ISU guest wireless system.



2026 Simplot Games

February 19- 21

*Welcome to Idaho State
University!*

SIMPLOT GAMES ATHLETES: Wear Your 2026 Simplot Games participant shirt and enjoy the ISU recreational facilities at the Student Rec Center in Reed Gym and the Pond Student Union building.

The Idaho State University Games Area in the **Pond Student Union** building will be offering discounted bowling and billiards to athletes participating in Simplot Games.

BOWLING & BILLIARDS: Simplot Games athletes will be charged the ISU student rate, with the addition of free shoe rental for bowling.

The **Student Rec Center in Reed Gym** will be open to Simplot Games participants for \$8. Wear your 2026 Simplot Games T-shirt for Admittance. (The climbing wall and swimming pool is unavailable.)

If under 18, athletes must be accompanied by an adult (e.g., coach or adult accompanying team).

If you have any questions, please contact the Pond Student Union Games Area, (208) 282-3335, or Reed Gym, (208) 282-4854.

INFORMATION SHEET FOR COACHES

2026 Simplot Games

PLEASE read this information very carefully. The coaches' meeting will not cover all the needed information, so it is vital that you become familiar with the following:

Coaches

1. Packet Pick-up is at the southeast corner of the arena and is open from 3:00 to 9:00 Thursday evening and from 7:00 until 12:00 noon on Friday. At that time, it will close and all remaining packets can be picked up at the Information Desk at the bottom of the southeast ramp. Please send only the listed coach to pick up the packet for all team members.
2. One Simplot Games program will be issued to each team and will be in your packet. The Day Sheet for Saturday's finals is available for purchase at the Simplot Games Store for \$2.00 on Saturday morning.
3. Written protests can be filed by submitting them to the Information Desk where they will be forwarded to the Jury of Appeals. Only written protests will be considered and these must be turned in within 30 minutes of the announced results. A \$20.00 fee is to be included with each protest. The \$20.00 fee will be REFUNDED ONLY if the appeal is ruled in your favor.

Coaches & Athletes

1. All athletes must be wearing their assigned numbers when competing. **DO NOT LOSE YOUR BIB #!!! There will be a \$20 replacement fee.** The number must be the same number as that assigned in the team packet. If a number has not been provided for an athlete, a new number will be assigned at the check-in table. Athletes' numbers must be worn on the **FRONT!!!** All numbers must be attached with a pin in each corner.
2. The RUNNING EVENTS clerk tables will be located at the southwest end of the Arena floor. Girls are to check in at one table and Boys at the other table. FIELD EVENTS will check in at the field event location.
3. Athletes and Coaches MUST LISTEN TO THE ANNOUNCER for calls. All athletes participating in the running events must check in at the Clerk's tables. After checking in, the athlete must go to the marshaling area. Once an athlete checks in and enters the marshaling area, they must stay there until escorted to the starting area. No athletes will be allowed to enter the marshaling area after the clerks have checked through the heats (3rd call). IF ATHLETES ARE LATE, THEY WILL BE DISQUALIFIED even if the race has not been run yet.
4. First call will be approximately 20 minutes before the event. Second call at 15 minutes before the event. Last call 10 minutes before the event. **If an athlete is not checked in by the last call, they will automatically be scratched. RELAY TEAMS - First call will be 30 minutes before the event.**
5. Athletes may warm up in designated areas only. An athlete warming up inside of the flagged-off area or in the hallways may be disqualified.
6. Athlete's footwear will be checked prior to each event. **SPIKES ARE NOT ALLOWED FOR ANY RUNNING EVENTS ON THURSDAY OR FRIDAY with an exception for Thursday's 60m Hurdles.** SPIKED TRACK SHOES WILL BE ALLOWED FOR ALL FINAL RACES ON SATURDAY. Needle spikes 3/16" may be used (DO NOT USE CONES) and are available for purchase in the Simplot Games Store in the Bennion Room – northwest hallway.
7. On Saturday, the awards ceremony will follow each final event. Awards will be presented as soon as the announcers have processed the result sheets.

8. All athletes who are not warming up or competing, coaches and spectators are asked to remain in the stands throughout the meet. No one is allowed against the railings. **EVERYONE MUST BE SEATED IN THE STANDS.**
9. The athletic trainers will be set up at the east end of the track under the PORTNEUF SPORTS MEDICAL INSTITUTE TENT. Any athlete needing attention will be able to report to this area. Treatments cannot be given without the coach's approval and the coach should accompany the athletes to the training tent. A Medical Doctor or PA will always be down on the floor during the meet in case of emergency. Athletic trainers are not available for rubdowns. Portneuf Medical Center is across Interstate 15, east of the ICCU Dome and all emergency medical needs will be taken there.
10. Clothing, bags, souvenirs, pins and more may be purchased in the Simplot Games Store in the upstairs northwest corner Bennion Room.
11. **COACHES - - -** You are NOT allowed on the floor of the arena. You may be in the training area to assist an athlete. PLEASE do not "hang out" in this area. Coaches abusing the assisting of athletes will be expelled from the area. One Coach per team will be issued a Coaches Box Pass for Pole Vault but they must remain in the "Box" during competition. This is a small area and if you do not have an athlete competing, please sit up in the stands. (See information on page 6 of this packet.)

Facilities

1. Access to the Arena floor (for athletes only) may be by either the east or west ramps on the north side.
2. Locker rooms for boys and girls are located in the northeast upper hallway of the ICCU Dome. Simplot Games cannot be responsible for any items left in the locker rooms during the meet or left in the bleachers throughout the meet. Lock items safely or keep them with you.
3. The ISU concession stands in the north hallway will be open from 6:30 p.m. - 9:30 p.m. Thursday night, 7:30 a.m. - 6:30 p.m. Friday, and 7:30 a.m. - 4:00 p.m. Saturday.

Running Events

1. The heats have been seeded as meticulously as possible with the information provided. If there is any unevenness in any heat, it is because athletes were entered without a time in the "Best Mark" column.
2. This meet will utilize the ***"no false start"*** rule. Anyone who false starts will be disqualified immediately.
3. We have tried to make the heats small enough, so that lapped runners will be able to finish the race. All athletes must move out to the second lane and remain there if they wish to finish the race.
4. Inspectors will be stationed near the cut line for all races. A cone will be placed inside the track at this point so the line will be easier to spot. Athletes must stay in their lanes until they reach this point (unless otherwise directed at the start) and then may cut to an inside lane only when they have a clear advantage ahead of competitors.
5. The RELAY PASSING ZONE is blue dotted line to blue dotted line. Athletes must start inside the yellow line (no acceleration zone) the incoming runner must continue to chase the outgoing runner across the finish line then move left onto the infield.
6. Relay change sheets are included in the packets. They are to be used only if a team is using different member(s) than entered on the entry form.
7. Coaches, PLEASE INSTRUCT your Relay Runners to run through the Finish Line and into the infield, PAST THE TIMING TOWERS, after they have made the exchange.



8. Results will be posted on the southeast arena ramp and on simplotgames.com. The results webpage can be accessed using this QR code.
9. Fully automatic timing will be used for all races.
10. **HONEST EFFORT RULE:** Once an Athlete has been declared and competes in the meet they must continue to compete. If the Athlete disqualifies him/her from a race they are ineligible to compete in the remainder of the meet. IF FOR A MEDICAL CONCERN the Coach notifies Meet Management within 20 MINUTES of the completion of the preliminary, the honest effort rule will be waved. This will allow the next fastest qualifier to advance.
11. Alternates will not be selected for any finals. Only the top qualifiers will advance. If an athlete that qualifies for the finals is unable to compete, their spot will remain open.
12. Starting blocks will only be allowed for the 60-meter races on Thursday. **No block will be allowed on the oval for Friday's preliminary races.** Block will be allowed for Saturday's finals on both the oval and straightaway.
13. To allow more athletes in individual events to participate in Saturday's finals, three heats will advance. The fastest qualifiers will run in a single heat in the afternoon session (heat #3). The remaining qualifiers will run in two heats (#1 & #2) in the morning session. **Overall times will determine the final placing for the event. An athlete in the morning heats could be the overall winner.** The heat assignments will be based on the following qualifying order:

<u>EVENT</u>	<u>HEAT #1 & #2 (morning)</u>		<u>HEAT #3 (afternoon)</u>
60 dash/60 hurdle			<i>All Three Heats run in afternoon</i>
200, 400	13 – 18	7 – 12	1 – 6
800	19 – 27	10 – 18	1 – 9
1600	25 – 36	13 – 24	1 – 12
3200			Heat of the top 14 times from the prelims

15. **Mixed 4x400 Relay:** Top 6 times from the preliminaries will advance to a one-heat final. Running order is girl, boy, girl, boy.
16. **ALL IDAHO RELAY:** This 4 X 200 Relay for both Boys and Girls will be run on Saturday at 3:10 and 3:18. This race will consist of the 6 fastest non-qualifying Idaho relay teams in both the Boy and Girls. Awards will be given for the top finisher and medals to all participants in Saturday's races. This has been developed for Idaho Relay Teams to compete against each other in Saturdays Finals. Idaho Teams qualifying in the top 12 times will still compete in the Finals of the Simplot Games 4 X 200 Relay. **ONLY MEDALS ARE GIVEN TO ALL-IDAHO WINNERS. NO BAGS!**
17. **FRESHMAN 1600:** This race for both Boys and Girls will be run on Saturday at 2:15 and 2:23. This race will consist of the top 8 fastest non-qualifying Freshman Boys and Girls from Thursday's preliminary races. Awards will be given for the top finisher and medals to all participants in Saturday's races. This has been developed for Freshman to compete against each other in Saturdays Finals. Freshman qualifying in the top 36 times will still compete in the Finals of the Simplot Games 1600. **ONLY MEDALS ARE GIVEN TO FRESHMAN 1600 WINNERS. NO BAGS!**
18. **4 X 800 Relay:** This is the only event at Simplot Games that has a qualifying standard. Due to past experiences with inaccurate entry times, some teams are not at the standard set for this meet. As a result, some teams in the past have been lapped by the faster teams. ***If a team is lapped in the first 3 legs of the race they will be pulled from the remainder of the race. Coaches, please understand that the standard was posted in the entry format. If a runner is running the times required, they should not be lapped in the first 3 legs.***

19. **HIP NUMBERS:** In the prelims, hip numbers will be worn on **RIGHT** hips for the straight track and **LEFT** hips for the oval. In the 800 – 1600 – 3200, the number will be worn on the runner's LEFT hip AND chest also. **IN THE FINALS** hip numbers will be worn on **BOTH HIPS**. Relays, all runners will wear 1 number on LEFT Hip.
20. At the completion of ALL THURSDAY and FRIDAY races, athletes competing in running events should go to the northeast corner (opposite corner of the check-in area) to pick up their warm-up clothing and personal property. Volunteers will transport belongings.
21. At the completion of all SATURDAY races, athletes are to return to the awards area holding pen. Warm-up clothing and personal property will be waiting there.

FIELD EVENTS

1. All field events check in at the field event area.
2. ¼" spikes will be allowed for field events (excluding shot put)
3. Starting height for POLE VAULT Saturday:
13'6" - 6" increments (boys)
10'3" - 6" increments (girls)
- Starting height for HIGH JUMP Saturday:
6'0" - 2" increments (boys)
4'11" - 2" increments (girls)
4. Qualifying rounds will be held on Friday for the long jump, triple jump, high jump, pole vault, and shot put. Each athlete has three attempts to make the qualifying mark. No measurements will be taken on Friday. Once the qualifying mark has been made, no further attempts are necessary and the athlete will automatically advance to Saturday's competition. There will be a 90-minute time limit to make the qualifying mark. Friday's time schedule and qualifying marks are:

Girls Triple Jump - 31'6" (1:00 pm - 2:30 pm)
Girls Long Jump – 15'0" (9:00 am – 10:30 am)
Girls High Jump – 4'10" (11:00 am – 12:30 pm)
Girls Pole Vault – 10'3" (10:00 am – 12:00 pm)
Girls Shot Put - 34' (10:00 a.m.)

Boys Triple Jump – 40'6" (2:30 pm – 4:00 pm)
Boys Long Jump – 19'6" (11:00 am – 12:30 pm)
Boys High Jump – 5'10" (9:00 am – 10:30 am)
Boys Pole Vault – 13'3" (1:00 pm – 3:00 pm)
Boys Shot Put – 44' (12:00 pm)

Shot Put Athletes to Throw in Flights

*Weight Throw: Throws of less than 20' for Girls' and 30' for Boys' will not be measured.

5. On Saturday, the shot put, long jump and triple jump will be arranged in flexible flights. All athletes must check in before the start of the events to be assigned their flight. Warmups must be completed prior to the scheduled start of the first flight. TWELVE athletes will advance to finals, which will begin immediately after the last trials flight (3 more attempts). The athlete's best mark in the trials will carry into the finals. Be sure to listen for the names of the finalists and have your athletes report immediately. Measurements will be taken during competition on Saturday, as long as they are beyond the qualifying mark from Friday. **THE FINALS IN THE LONG JUMP AND TRIPLE JUMP FOR BOYS AND GIRLS WILL TAKE PLACE ON SEPARATE RUNWAYS.** Girls on the West runway and Boys on the East runway.

Saturday's time schedule for trials is:

Girls' Triple Jump Trials/Finals 12:30 p.m.
Girls' Pole Vault Finals 8:30 a.m.
Girls' Shot Put Trials/Finals 2:30 p.m.
Girls' High Jump Finals 9:00 a.m.
Girls' Long Jump Trials/Finals 8:30 a.m.

Boys' Triple Jump .. Trials/Finals 12:30 p.m.
Boys' Pole Vault Finals 1:15 p.m.
Boys' Shot Put Trials/Finals 9:00 a.m.
Boys' High Jump Finals 12:30 p.m.
Boys' Long Jump Trials/Finals 8:30 a.m.

MISCELLANEOUS

1. Photographers are to stay upstairs during the meet. The only exceptions will be the official photographers, Simplot personnel and those carrying media passes. The Media Center is in the southeast end of the ramp near the finish lines. To obtain media information, please check with the Information Desk.
2. **The ceremony is scheduled for Saturday at 11:30 AM. Please encourage everyone to participate.**

AWARDS

1. All athletes competing in the finals will receive a medal. Top 6 will stand on the awards stand.
2. All first-place winners will receive a Simplot Games medal, as well as a winner's backpack (**excluding the All-Idaho Relay Champions and the Freshman 1600**). Second through sixth place winners will receive a Simplot Games medal.
3. All athletes competing in the finals on Saturday will receive a bronze finalist medal (except in the 4X800 Relay).

2026 Simplot Games

Pole Vault Coaching Box Policy

- You must have a Coaches Pass to be on the floor for the Pole Vault. Passes can be picked up at the Information table at the bottom of the SE ramp.
- **ONE** Coaching Pass **per team** will be allotted.
 - *If you have multiple coaches for the Pole Vault, you will need to choose which coach will receive the pass.*
- Coaches must stay in the Pole Vault Coaching Box and must have their Pole Vault Coaches Box Pass on.
- Due to space in the box, once your athlete has finished competing, please exit the box.
- Any coach not following the Pole Vault Coaching Policy will have their pass revoked and be asked to leave.
- Due to the lack of space, and other events going on in the infield, we ask that coaches assist in the policing of the policy to allow the continued use of a Coaching Box.
- During warmups and prior to the start of the event, due to liability issues, only coaches with a pass will be allowed on the floor.
- Passes are **NON-TRANSFERABLE** due to legal issues.
- Long jump and triple jump events can be coached from the spectator area alongside the jump pits.
- Weight throw, shot put and high jump events can be coached from the stands above those areas (NW and NE sections).

2026 SIMPLOT GAMES

STARTING / FINISHING PROCEDURES

PRELIMINARY RACES

1600: Double waterfall, positions 6-18 on lower waterfall, positions 1-5 on upper waterfall. 2 turn stagger. 2nd waterfall break at green line off turn 2. **IF LAPPED, RUNNER MUST MOVE OUT TO LANE 2 FOR REMAINDER OF THE RACE.**

3200: BOYS - Double waterfall, positions 6-18 on lower line waterfall, positions 1 – 5 on upper waterfall.

GIRLS - Double waterfall, positions 5-13 on finish line waterfall, positions 1-4 on lane 4 waterfall. 2 turn stagger. 2nd waterfall break at green line off turn 2.

IF LAPPED, RUNNER MUST MOVE OUT TO LANE 2 FOR REMAINDER OF THE RACE.

4X2, 4X4, SMR, 200, 400: Last White Line in lane - 2 turn stagger. Break at green line off turn 2.

800: Double waterfall, positions 5-13 on lower waterfall, positions 1-4 on upper waterfall 2nd waterfall break at green line off turn 2.

****ATHLETES ADVANCE BY TIME TO THE FINAL.**

- **TOP 18 TIMES** IN 60, 60H, 200, 400.
- **TOP 12 TIMES** IN ALL RELAYS.
- **TOP 27 TIMES** IN 800.
- **TOP 36 TIMES** IN 1600.
- **TOP 14 TIMES** IN 3200.
- **TOP 8 NON 36 FRESHMAN TIMES** IN FRESHMAN 1600

****SPRINT MEDLEY RELAY:** LEGS CONSIST OF **400, 200, 200, 800**

At the completion of the race, all competitors on the oval will exit to the north side of the track outside of turn 1. The straight-away athletes will exit the north side of the run out. Warm-ups will be taken to those spots so that the athletes can pick them up at that point. **{NO ATHLETE SHOULD RETURN BACK TO THE MARSHALLING AREA.}**

FINALS RACES

4x2, 4x4, SMR, 200, 400: Same as prelims.

800: Double Waterfall, 2 turn stagger. 1-6 in lower waterfall line and 7-9 in upper waterfall line. 2 turn stagger. 2nd waterfall break at green line off turn 2.

1600: Double waterfall, 2 turn stagger 1-8 in lower waterfall line and 9-12 in upper waterfall line. 2 turn stagger. 2nd waterfall break at green line off turn 2.

3200: Double waterfall, positions 6-14 on lower waterfall, positions 1-5 on upper waterfall. 2 turn stagger. 2nd waterfall break at green line off turn 2.

***** COMPETITOR NUMBERS:** ALL ATHLETES WILL WEAR THEIR COMPETITOR NUMBER ON THE FRONT OF THEIR UNIFORM.

***** HIP NUMBERS:** In the prelims, hip numbers will be worn on **RIGHT** hips for the straight and **LEFT** hip for the oval. **In the 800 – 1600- 3200 Number on the runner's LEFT hip and left CHEST ALSO.** **IN THE FINALS** HIP NUMBERS WILL BE WORN ON **BOTH HIPS**. Relays, all runners will wear 1 number on LEFT Hip with anchor runner also wearing a number on their left chest.

At the completion of ALL THURSDAY and FRIDAY races, athletes should go to the northeast corner (opposite corner of the check-in area) to pick up their warm-up clothing and personal property. Volunteers will transport belongings.

At the completion of all SATURDAY races, athletes are to return to the awards area holding pen. Warm-up clothing and personal property will be waiting there.

*****ALL ATHLETES COMPETING IN THE FINALS WILL RECEIVE A METAL. TOP 6 WILL STAND ON THE AWARDS STAND.**