



## Northeast Zonal Final Instructions

<b>Running Events</b>	<p><b>THE FIRST RUNNING EVENT WILL BEGIN AT 9:00AM</b></p> <p>Running Events will be checked in by division. 1<sup>st</sup> call and final call will be made in all events.</p> <p>Oval running events will check by the throwing cages and can be accessed from the warm-up track. Straight away events will report to the same clerking area then be walked onto the infield.</p> <p>In the 55m dash and 55m Hurdles divisions with 8 or less athletes will run as a straight final during the finals time slots.</p> <p>Please make sure all athletes are race ready when entering the clerking area.</p>
<b>Field Events</b>	<p>Athlete should report directly to the field event when your event is called.</p> <p>Opening Heights will be one height below the lowest seed mark submitted</p> <p>All athletes will receive 3 throws or jumps in the finals. The top 7 will return for finals, if the event has 7 or less athletes 6 throws will be given.</p> <p>Implements will be weighed in at the event area.</p>
<b>Warm ups</b>	Warming up will be done on the first floor of the facility. Check-in is up the green staircase on the first floor.
<b>Batons</b>	Relay batons will be supplied.
<b>Spikes</b>	Only ¼" pyramid spikes are permitted on the Ocean Breeze Athletic Complex. Spikes will be available to purchase at the meet.
<b>Awards</b>	Award will be packaged and available for pick-up and available at the end of the meet.
<b>Merchandise Sales</b>	Custom printed Northeast Zonal Championship merchandise will be for sale in the Ocean Breeze Atrium.
<b>Admission</b>	Admission to the Northeast Zonal Championships is free of charge
<b>Parking</b>	<p>Parking at the Ocean Breeze Athletic Complex is free of charge. Spectator and van parking is located in Lot 4 &amp; Lot 6. Buses may drop off in front of the Ocean Breeze Athletic Complex then continue to Lot 9 to park. Buses are not permitted to be parked on residential streets. Please see parking map for more details. For a detailed map and directions please visit <a href="http://oceanbreezenyc.org/sports/2016/1/4/GRL_0104165114.aspx">http://oceanbreezenyc.org/sports/2016/1/4/GRL_0104165114.aspx</a></p>
<b>Results</b>	Results will be posted in the atrium area and also live on <a href="http://oceanbreezenyc.org/results">oceanbreezenyc.org/results</a>