



Northeast Zonal Final Instructions

Running Events	<p>THE FIRST RUNNING EVENT WILL BEGIN AT 9:00AM</p> <p>Running Events will be checked in by division. 1st 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>
Field Events	<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>
Warm ups	<p>Warming up will be done on the first floor of the facility. Check-in is up the green staircase on the first floor.</p>
Batons	<p>Relay batons will be supplied.</p>
Spikes	<p>Only ¼" pyramid spikes are permitted on the Ocean Breeze Athletic Complex. Spikes will be available to purchase at the meet.</p>
Awards	<p>Award will be packaged and available for pick-up and available at the end of the meet.</p>
Merchandise Sales	<p>Custom printed Northeast Zonal Championship merchandise will be for sale in the Ocean Breeze Atrium.</p>
Admission	<p>Admission to the Northeast Zonal Championships is free of charge</p>
Parking	<p>Parking at the Ocean Breeze Athletic Complex is free of charge. Spectator and van parking is located in Lot 4 & 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 http://oceanbreezenyc.org/sports/2016/1/4/GRL_0104165114.aspx</p>
Results	<p>Results will be posted in the atrium area and also live on oceanbreezenyc.org/results</p>