

Coaches' Reminders

A few reminders for the RI Classic on December 27, 2016

Check the Coaches' Instruction Sheet in your team packet when you arrive for more complete details.

- Meet web site: riclassic.com
- Meet Details: Check the "Meet Details" tab on the web site for information on batons, blocks, break points, weigh-ins, opening heights, minimum marks in throws and horizontal jumps, etc.
- Time Schedule: The time schedule will remain the same as the one currently posted on the web site.
- List of Entries: Check the home page on the web site.
- Alternates: Alternates will be added as scratches permit.
- Scratches: Let us know of any scratches via email before the meet.
A scratch table will also be set up in the hallway outside the track.
- Packet Pickup: Coaches only may pick up packets from 4:00–5:30 PM at the track on Monday, December 26 or beginning at 7:30 AM at the track on Tuesday, December 27.
Teams will be allowed in the building on Monday from 4:00–5:30 PM for warmups, but no throwing, jumping, run throughs, or hurdles permitted.
- Field Event Relays: Three athletes per team maximum
- Entry Fees: An entry fee or PO number is due by the time packets are picked up.
Checks should be made out to RI Classic, Inc.
- Dash & Hurdles: The winner of each heat and the next 5 fastest times will qualify for the finals.
- Coach's Lunch: A complimentary coach's lunch (one coach per team) will be provided by ATT Sports.
Check your packet for more information.
- Vendors: T-shirts, running gear, spikes and more will be on sale.
- Medical Support: Performance Physical Therapy will be available in the hallway outside the track from Noon – 3:00 for injury screenings, abbreviated functional movement screens, and running advice.
In addition, a certified trainer will be on duty near the registration area throughout the meet.
- Live Feed: MileSplitRI will have a live feed for this year's RI Classic from 9:00 AM until 7:00 PM with complete coverage and commentary of all events. Log into the web site at: www.rimilesplit.com