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**STUDENTS/COMPETITORS - TRACK & FIELD INSTRUCTIONS**

1. **District Tent**
* Sign in
* Hand in Permission & Details Booklet
* Competency Form (if required for your event)
* Wrist Band
* District Singlet
1. **Marshalling Area**
* Go to Marshalling when called by announcer or at

 least 20 minutes prior to your event.

1. **Compete**
* No spikes to be worn when off track or field arena
1. **Check Results**
* If your name is highlighted on the results wall – if so then proceed to the South Coast Team Room (under the Grandstand) to register and size up at apparel area.
1. **When leaving/departing**
* Checkout at your district tent and hand in your District Singlet.

**No Students are to cross the field at any stage during the day!**

**No students should be on the track or field if not competing!**