

**2019 IHSAA MENS TRACK & FIELD SECTIONAL MEET
BEN DAVIS HIGH SCHOOL
THURSDAY, MAY 16, 2019**

The sectional entry list is due on Friday, May 10, 2019 by 4:00 pm. All entrants must have times/heights/distances on the official entry form, including ALTERNATES.

Please see the 2015-16 IHSAA Spring Bulletin, Vol. 112 # 3 for additional information

Heat Sheets: Posted to www.alphatiming.net under Event Info, no log in needed

Schools: (15) Ben Davis, Covenant Christian, Decatur Central, Indianapolis Cardinal Ritter, Indianapolis Crispus Attucks, Indianapolis Manual, Indianapolis Metropolitan, Fall Creek Academy, Indianapolis Shortridge, Indiana Math & Science Academy, International, Perry Meridian, Pike, Providence Christo Rey, Southport, & Speedway.

Times: Scratches: Until 5:00 pm
 Coaches Meeting: 5:15 pm
 Field Events: 5:30 pm
 3200 M Relay: 5:40 pm
 Running Trials: 5:50 pm
 Finals: 7:00 pm

Check-In: **Enter through the North GATES ONLY beginning at 4:00 pm. TEAM BUSES And FANS enter NORTH Gates ONLY. FIELDHOUSE Area WILL BE CLOSED OFF!!! Scratches are to be made before 5:00 pm directly with Alpha Timing.**

Pick up your packet containing, programs and seeding sheet at the hospitality room (located in the South end of the stadium). **All shots and discus will be weighed at the time of check-in under the shelter next to the hospitality room. Print and bring your pole vault verification sheets to be turned in at this time.**

Dressing: Please come dressed. Public restrooms are available at both the ends of the stadium.

Admission: \$6.00 with no advance sales. Pre-school is free. All contestants in uniform, one student manager, and two coaches will be admitted free. The athletic directors and principal from each school will be admitted upon identifying themselves at the gate.

Scratches: Please email any known scratches to michelle@alphatiming.net once heat sheets are posted up until 1:30pm meet day. Report final scratches on site to TIMING prior to 5pm. **Head coaches will attend the pre-sectional meeting at 5:15 in the hospitality room but should not hold scratches for the meeting. Sending scratches early via email helps to ensure a great meet.**

Standards: Each school may list 3 participants in each individual event, but only 2 may participate unless all 3 have met the state standard. Schools are permitted 3 participants in each individual event provided **all** have equaled or bettered the following standards. A copy of the meet results for each participant, signed by an IHSAA Official, must be forwarded to the IHSAA according to the IHSAA Spring Bulletin.

Performance List/Heat Sheets: Performance list will NOT be sent to you, it will be posted by the deadline in the IHSAA bulletin to: www.alphatiming.net under EVENT INFO, no log in needed. It is the coach's responsibility to check for them. Once the final correction period with the IHSAA ends heat sheets will be posted to the same place. Please do not call for these.

Entry Information: See IHSAA Spring Bulletin for details

Course Clerk: The Clerk of the Course and staging area will be located at the **northwest end of the track** near the starting line for the 110 m hurdles and the 100 m dash.

Athletes **MUST** report to the clerk by 2nd call or will be scratched from that and all other events remaining in the evening.

Hip numbers will be issued by the clerk for each race, athletes must wear them on their HIP or leg, on the side, not the front or back of leg, the number **MUST** be visible, shirts etc must not cover it at the race finish.

Accommodations: **Locker Rooms** will not be available, please come dressed.

Rest Rooms are available in the northeast corner of the fieldhouse, located at the southwest end of the track.

Concessions will be sold from the northeast and southwest stands.

A **certified/licensed trainer** will be on duty. **Team seating** and Team Camps I will be located in the East stands.

Athletes MUST stay outside the Track until their Race.

Coaches are not allowed on the infield. Only 1 Pole Vault Coach per team will be permitted in the PV coaches box.

Tournament officials only are permitted inside the track and in the press box. Coaches PLEASE Help us Keep EVERYONE off of the Football Field.

ELECTRONICS are not to worn or used by any athlete/team member in any competition area. Coaches be sure you are making your athletes aware of this. (NFHS Rule 3.2.8) Includes field event areas and warm ups on track or field events from time of arrival until departure.

Awards: Awards will be available for pick-up in the press box at the conclusion of the meet after all places and points are verified.

Surfaces: All- weather track. Runways for pole vault and long jump and the take off area for the high jump have an all-weather surface. The pads for the shot and discus are concrete. No marks of any kind will be permitted on any runway. Ben Davis High School will furnish all starting blocks.

Starting Heights: Will be determined by entries and will follow the progressions as prescribed by the IHSAA for the tournament.

Participation: Athletes are permitted to compete in four (4) track and/or field events in the tournament series. A relay is an event.

Scoring & Awards: Eight places will be scored (10, 8, 6, 5, 4, 3, 2, 1,) respectively in all events including the relays. Ribbons will be given the first eight places in each event with a trophy to the winning school.

Scratch Cards: If scratching an athlete qualified for the Regional, complete yellow card & turn in to TIMING before 30 minutes after the finish of the last event. If you know someone will not accept please tell Timing prior to leaving.

Admission: \$ 6.00 Season Ticket Only

Questions? Please call Meet Directors, John Clark and Heather McGowan at Ben Davis High School, (317) 988-7182.

NEW IHSAA RULE 2019:

✓ ATHLETE ENTRY LIMIT (NEW RULE NFHS Rule 4.2.2) READ CAREFULLY!!!

<i>A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.</i>	
<i>Contestant may officially enter:</i>	
<i>Four Individual events</i>	<i>No relays allowed.</i>
<i>Three Individual events</i>	<i>May be listed on any number of relays but compete in only 1 relay.</i>
<i>Two Individual events</i>	<i>May be listed on any number of relays but compete in only 2 Relays.</i>
<i>One Individual event</i>	<i>May be listed on any number of relays but participate in only 3 relays.</i>
<i>Zero Individual events</i>	<i>May be listed on 4 relays and may compete in 4 relays.</i>

Penalty: A competitor who participates in more events than allowed by rule shall forfeit all Individual places and points and shall be disqualified from further competition in that Meet. In a relay event, the team's relay points and place(s) shall also be forfeited.

IHSAA need to knows:

ELECTRONICS: Headphones, cell phones, iPods, etc are not to be used or worn by athletes in any competition area, this includes areas where they stage for shot and discus and anywhere inside the track fencing. This is in effect from arrival at the facility until time of departure. Coaches be sure your athletes know this in advance.

Field Event Warm-Ups: No athlete may begin warm up in any field event until their coach or the field event is present and remains there. Anyone warming up without the presence of either may be DQ'd. All athletes must leave the field event area when the event completes.

CALL UP/BACK: a call back is one in which we do not have the field of 16 for regional filled by top 3 finishers + 3 participant standards hit. We will text or call you that night to see if your athlete wants to compete in the regional. It is important that you respond asap to this message. If you know someone will not want to compete please see Alpha Timing before you leave the meet to report this.

Auto Qualifier: an athlete who finishes in the top 3 of their event in sectional or regional competition.