

Mid-State Conference Track & Field Information



2021 MID-STATE CONFERENCE TRACK & FIELD CHAMPIONSHIPS

Date: Tuesday, May 4, 2021

Location: Plainfield High School

Official: Dan Cummins, Dr. Rodney King, Mike Zonder

Clerk: Paul Nicodemus and Mike Meunier

Times:

- 4:45: Field Events Workers Meeting at Finish Line
- 5:00: Field Events Warm-up Begins (workers must be at field event area at this time)
- 5:00: Coaches' Meeting (Visitor Concession Stand area...southeast corner of facility)
- 5:30: Field Events begin
- 5:45: 3200 Relay Final begins, girls first, then boys in all running events
- 6:15: Time Trials (9 will be taken to the finals, top 3 each heat + next 3 fastest times)

*Order of Running Events: Girls followed by Boys (unless otherwise noted)

Trials (approximately 6:15 pm)

- 100m dash girls, then boys
- 100m hurdle girls, 110m high hurdle boys
- 200m dash girls, 200m dash boys

15 minute break between trials and finals.

Finals

- National Anthem
- 100m hurdle girls, 110m high hurdle boys
- 100m dash
- 1600m run
- 400m relay
- 400m dash 2 races each - timed finals
- 300m hurdles 2 races each - timed finals
- 800m run
- 200m dash
- 3200m run
- 1600m relay

Awards:

- Individual events points - 10-8-6-5-4-3-2-1
- Relay points - 10-8-6-5-4-3-2-1

- Medals awarded to 1st place in all events
- Ribbons awarded to 2nd - 8th places in Individual Events, 2nd -7th in Relays
- A trophy will be presented to the winning team (Girls & Boys)

Entries and Scratches:

- Team rosters and entries must be entered online at www.athletic.net by 10am, Friday, April 30
- Invitations to register for the meet have already been sent to the participating schools through Athletic.net. Coaches must register on www.athletic.net to enter their rosters and athletes. All registration questions for the site can be answered through athletic.net support, "Get Help" link, and there are YouTube videos as well.
- Each team will be allowed to enter two athletes per individual event + 1 alternate. One relay team with four alternates.
- If all entries are submitted on time, perf lists will be posted on Alpha Timing by 3pm Friday, April 30
- Coaches are responsible for checking the list and reporting any scratches or changes (not time/mark updates) to Michelle@alphatiming.net by 10am, Monday, May 3
- Heat Sheets will be posted to the same place by 3pm, Monday, May 3, after this time go ahead and begin sending any known scratches to Michelle Nolley
- IHSAA Sectional rules will govern unless otherwise noted in this information.

Field Events:

- Shot – Girls followed by Boys; all will have 3 attempts, 9 will advance to the finals with 3 more attempts
- Discus – Boys followed by Girls; all will have 3 attempts, 9 will advance to the finals with 3 more attempts
- High Jump – Girls first, followed by boys. Starting height will be determined based on entries (likely being 2 heights below the 8th place seed). Girls bar will move up 2" to 5' and then 1" thereafter. Boys bar will move up 2" to 6' then 1" thereafter.
- Long Jump – Boys and Girls will jump at the same time in different pits; 4 Attempts in Long Jump – NO FINALS
- Pole Vault - Girls and boys will compete simultaneously (athletes can enter competition at their height of choice); Warm-up and Starting height will be determined at coaches meeting. Bar will be raised 6" through 10'00" and then increase by 3" until the final girl is done competing.
 - Note: once the final girl is done competing the bar will follow 6" increments until 12' 6". At that point the bar will then move back to 3" increments.

RUNNING EVENTS TAKE PRECEDENCE OVER FIELD EVENTS. The participant must notify the field event judge that he/she is leaving to report to a running event. The participant has 10 minutes after the conclusion of the running event to return to the field event from which he/she was excused.

Running Events:

- 9 athletes to the finals, the top 3 from each heat + next 3 fastest times.
 - Note: If hosted on an 8 lane track top 8 will make the finals. The top 2 from each heat plus next 4 fastest will make finals. (As per agreed upon in the coaches meeting)
- Only 1/4" spikes allowed. Starting blocks are available or teams may use their own, clearly marked, starting block.
- All entrants must report to the *CLERK OF THE COURSE* prior to or by the 2nd call. Clerk will be located near the start of the 100m dash, except in the 200m and 300H, they will be near the event start area. Failure to report will result in being scratched from that event. Athletes must get a hip number.
- Make sure to tell your athletes to place the hip number on their side, totally visible, not the front or back of the leg or covered by shirts.

Event Set-Up:

- 400m dash; two-turn stagger start; lanes. Two-timed sections. Heats of 8 & 4.
- 800m run; box alleys; one turn stagger start, lanes to cut-in area on back-stretch.
- 1600m/3200m runs; waterfall start; cut in immediately but without interference.
- 400m relay; two-turn stagger start; lanes. 1 relay per gender/school. You may list up to 8 possible relay participants.
- 1600m relay; three-turn stagger start; first runners lanes; Second runners lanes to break point on back stretch. First exchange in starting lane, all others use the California exchange. 1 relay per gender/school. You may list up to 8 possible relay participants.
- 3200m relay; one-turn stagger start; cut in on the back stretch. California exchange. 1 relay per gender/school. You may list up to 8 possible relay participants.

General Information:

- IHSAA Sectional rules will govern unless otherwise noted in this information.
- For scratches with replacements, it is a straight take out and replace.
- A contestant may be entered in up to four events, and as an alternate on a relay. Being listed as an alternate is considered an event. See the last page for the new 2019 rule on entry.
- Late entries will not be credited with times/distances; they will be seeded last.

- Each school should supply their own well identified, shots and discus. Shots and discus will be weighed. An athlete who uses an illegal implement will be disqualified from the meet. Coaches are also responsible for certifying their pole-vaulters are using legal poles.
 - All participants must be eligible in accordance with IHSAA rules and regulations.
 - The meet will be timed by FinishLynx, timing is available only to meet officials.
 - Meet committee will consist of the starter, assistant starter, meet director, and two coaches
 - During the meet, only event participants, timers and judges will be allowed in the track area. No one permitted in the infield unless reporting to the Clerk of the Course. Contestants should warm-up on the back-stretch only, paying attention to events that may need the whole track.
 - Teams should set up camps in the visiting bleachers
 - Coaches may pick up medals, ribbons and results in the press box upon completion of the meet.
 - Spectator admission is \$6.00
 - Team Buses: Buses should drop off athletes at the north entrance of the stadium (next to the football scoreboard). Buses can then park in the parking lot directly east of the gymnasium.
 - Each school will have a responsibility for running a specific field event or being the hurdle crew. Each school is responsible for bringing everything they need for running their event (tape measures, clipboards, pens, people to rake and measure the events, etc). Please e-mail Torrey Rodkey (trodkey@plainfield.k12.in.us) your worker's names prior to the meet. Meet workers will be paid by their home school. **Please have workers arrive by 4:45 PM for meeting.**
- ✓ Whiteland – Hurdles and help with finish line
 - ✓ Plainfield – Boys and Girls Pole Vault
 - ✓ Franklin – Boys and Girls Shot Put
 - ✓ Mooresville – Boys Long Jump
 - ✓ Martinsville – Boys High Jump
 - ✓ Greenwood – Girls High Jump
 - ✓ Decatur Central- Boys and Girls Discus
 - ✓ Perry Meridian- Girls Long Jump
- Questions, comments and/or concerns about the meet should be directed to Torrey Rodkey at trodkey@plainfield.k12.in.us

Meet management reserves the right to adjust the meet format due to bad weather, including, but not limited to, changing to finals only in running and field events, delaying start times, and adjusting number of field attempts.



IMPORTANT ENTRY INFORMATION

Entry Process: ONLY VIA WWW.ATHLETIC.NET ONLINE ENTRY SYSTEM

DO NOT WAIT UNTIL THE LAST MINUTE TO START THIS PROCESS. START EARLY! (IN CASE SOMETHING COMES UP OR YOU NEED HELP FROM SUPPORT {CA TIME})

YOU CAN MAKE CHANGES TO NAMES/EVENTS/MARKS/TIMES UNTIL THE DEADLINE.

- For your alternates please enter them with NO TIME/NO MARK **and** type ALT into the note box.
- For your declared competitors please enter a legitimate mark or a probable mark.
- 2 entries + 1 alternate may be listed for each individual event.
- 1 relay per gender/school. You may list up to 8 possible relay participants.
- Being an alternate counts as an event, see new rule on last page but ultimately athletes may only compete in 4 events..
- You may only scratch and replace with your declared alternate, straight take out and replace method is used.
- No reseeding unless results in fewer heats.
- Once entry is submitted NO time/mark updates; once coaches correction period ends no switches of any kind except to declared alternates. (This does not mean you can declare another alternate, if you change to alternate).

IMPORTANT MEET DEADLINES	
Coaches submit entries online via Athletic.net online entry www.athletic.net	10am – Friday, April 30
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	3pm –Friday, April 30
Coaches' Corrections (missing athletes etc, not time/mark updates) Due	10am – Monday, May 3
Heat Sheets Posted to www.alphatiming.net/EventInfo	3pm – Monday, May 3
Meet Day early scratches w/replacements Due via email: michelle@alphatiming.net	2:00 pm – Tuesday, May 4
Meet/Final scratches due by in person to Alpha	4:40 pm – Tuesday, May 4

www.alphatiming.net will be your meet resource find meet info, heat sheets and results.

IHSAA Sectional rules will govern unless otherwise noted in this information.

Questions & Scratches: michelle@alphatiming.net

NEW IHSAA RULE FOR 2019, please read and be aware of this rule.

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

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.

Contestant may officially enter:

Four Individual events No relays allowed.

Three Individual events May be listed on any number of relays but compete in only 1 relay.

Two Individual events May be listed on any number of relays but compete in only 2

Relays.

One Individual event May be listed on any number of relays but participate in only 3 relays.

Zero Individual events May be listed on 4 relays and may compete in 4 relays.

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.