

2022 IHSAA GIRLS TRACK & FIELD SECTIONAL
LOCATION: NEW PALESTINE HIGH SCHOOL
Hosted by: New Palestine High School
TUESDAY MAY 17, 2022

POSTPONEMENT DATE -

Wednesday, May 18, 2022

Must be severe weather to postpone.

ENTRY LIST – via www.ihsaa.net ONLY. See IHSAA Spring Bulletin for all deadlines, info.

A school may enter three (3) contestants in each event but only two (2) may participate unless all three (3) meet state standards. No contestant may participate in more than four (4) track and/or field events. A relay is an event. A school may enter one (1) team in each relay. Eight (8) participants may be named to a relay team, any four (4) of whom may be used if eligible. Do not place names on the entry list that are not entered in an event, alternates count as entered.

Indicate Alternates by placing an A following their t/d/h.

HOST ATHLETIC DIRECTOR -

Al Cooper, Athletic Director, New Palestine High School
acooper@newpal.k12.in.us

MEET DIRECTOR - Miles Hercamp mhercamp@newpal.k12.in.us

Michelle Nolley michelle.nolley@gmail.com

PARTICIPATING SCHOOLS –

Beech Grove, Central Christian Academy, Christel House Academy, Franklin Central, Greenfield-Central, Indpls Lutheran, Indpls Seccina, Morristown, New Palestine, Roncalli, Shelbyville, Triton Central, Victory College Prep, Warren Central

TIME SCHEDULE –Approximate Times Only

4:55 PM All Scratches must be finalized in athletic complex classroom (see note page 3)

5:00 PM Coaches Meeting in the athletic complex classroom

5:30 PM Start of all Field Events

5:50 PM 3200 M Relay Finals

Time trials will begin immediately upon conclusion of the 3200 M Relay

*****15 Minutes after the Trials end the Opening Ceremonies will be held*****

Opening Ceremonies

100 M High Hurdle Finals

100 M Dash Finals

1600 M Run

400 M Relay

400 M Dash

300 M Low Hurdles

800 M Run

200 M Dash Finals

3200 M Run

1600 M Relay

OFFICIAL RULES -

The official rules as stated in the current Track and Field Rule Book, published by the National Federation, and so further modified by the IHSAA, shall govern.

SEEDING -

1. Noon or prior to noon on **Saturday, May 14** we will POST to the website, www.alphatiming.net Event Info tab, **assuming all entries are received on time.** This information will not be sent via e-mail. It will be available only through the website. Please do not call for seeding. Performance Lists will be the seeds until we seed the meet, then we will post heat sheets 24-36 hours prior to the meet.
3. Corrections of obvious errors and/or omissions will be considered if reported directly to the assistant commissioner, see the spring bulletin for more information. No changes for the purpose of gaining a competitive edge will be allowed. **Changes in times/distances/heights will not be permitted. Please copy michelle@alphatiming.net in all such requests.**

ENTRY-

1. The entrant's best SEASON time/distance/height should be listed on the Official Entry List.
2. Schools are permitted to list three (3) participants in each event provided ALL have equaled or bettered the three (3) participant standards. Otherwise, only two of the three listed athletes may participate.

3 PARTICIPANT STANDARDS –

See the IHSAA Spring Bulletin for the times/marks for these. In order to enter 3 into the sectional this must have been met in a season meet with FAT timing. In order to advance from sectional to regional or regional to state the time must be in FAT and must be in the finals of the event. For field events it may come from any mark in their attempts.

MEET SCRATCHES:

You are encouraged to email any known scratches w/ or w/o replacements to michelle@alphatiming.net prior to 2 pm meet day.

In the main entrance atrium at NPHS you will find a table with listings of all the events with your entries, should you choose to scratch an athlete and replace (or not) with your alternate, simply mark the sheet. **This process must be finalized by 4:55 PM.**

TICKETS -

All entered contestants in uniform, a student manager, and two (2) coaches shall be admitted free of charge. The principal and girls sports director or athletic director may gain admittance by signing at the gate. Admission for all other spectators shall be \$6.00.

CLERK OF COURSE - Located at the Red tent at south end of the stadium.

Entrants in running events **must** report to the south end of the football field to the clerk of course by the **SECOND** call in her event, including all 4 in relays. Those girls not reporting shall be scratched and will be scratched from any further events in the meet. Once reported they need to remain in that area. Hips will be used, left hip, be sure they know how to properly place hips to remain visible at all times during their race.

SCORING -

Eight places will be scored (10-8-6-5-4-3-2-1 respectively) in all events including relays. Ties must be broken for first place and for the last qualifying position. In all other cases of ties, points will be divided equally.

AWARDS -

The winning school shall receive a trophy. Ribbons shall be presented to individuals placing 1st through 8th in each event. All ribbons will be kept in team envelopes to be picked up at the press box at the conclusion of the tournament. Podium recognition will occur immediately following the event.

TRACK SPECIFICATIONS -

The New Palestine track is an 8 lane all-weather surface. Only flats or 1/4" spikes will be permitted. The field event runways and the high jump surface are made of the same material as the track itself. The shot and discus pads are concrete.

REGIONAL QUALIFIERS -

Tuesday, May 24, 2022 at Franklin Community. 1st, 2nd, and 3rd place sectional winners in all individual events and relays plus any individual or relay team meeting the 3 Participant Standard in the sectional finals of each event. If the top 3 finishers plus 3 participant Standard advancers in an events is less than 16, the next best performances from the corresponding sectionals shall be added to bring the total number of entrants to 16 in each event. This is a CALL BACK. An individual or relay team shall not advance to the regional from the sectional finals unless the time is recorded by fully automatic timing (FAT).

TEAM AREAS -

Teams are requested to set up camps in the bleachers on the west side of the football field. No teams on the football field please. **Coaches/spectators/managers are required to stay out of the infield area at all times and behind the fence at the north end of the complex. Please clean your area when you leave!**

TRAINER -

A certified trainer will be available during the sectional.

LOCKER ROOMS/RESTROOMS -

Locker facilities will not be available, please have your athletes come dressed to compete. It is recommended that athletes use Concession Complex restrooms upon arrival. PLEASE remind your athletes to NOT wear spikes in the school or our athletic complex bathrooms.

FIELD EVENTS -

- A. Warm-Up Period will begin when the field event official or the athlete's coach is personally present the whole time the athlete warms up. Warm Ups will end at 5:05pm.
- B. Shots and discuses will be weighed at the clerk of course tent on the south side of bleachers as teams arrive. They will be marked. Anyone competing with an illegal implement will be disqualified.

- B. The high jump/pole vault bar starting placement will be decided by entries and will follow the ITCCCA and IHSAA format.
- C. The pole vault verification form should be pre-printed and filled out (available from the ihsaa.net website) must be turned in prior to competition.

RUNNING EVENTS -

- A. The 3200 meter relay will be run on a one turn stagger; all other exchanges use off the curve method; sections timed. If under 12 entries, can use box alley.
- B. There will be eight (8) qualifiers to the finals in the 100m, 100m hurdles and the 200m. Qualifying to finals will be the top two (2) finishers from each heat plus next two (2) fastest times.
- C. 200m will be run with a one turn stagger.
- D. 300mH will be run with a one turn stagger; timed final.
- E. 400m will be a timed final event.
- F. 400m/400m relay will be run with a two turn stagger and participants must remain in their assigned lane at all times.
- G. 800m, a one turn stagger; box alley; sections timed.
- H. 1600/3200m runs will start on an arc; waterfall.
- I. 1600m relay, three turn stagger; sections timed; #1 runners in lanes; #2 runners in lanes to break point beginning on back straight-away; 1st exchanges in lanes; all other exchanges use off the curve method.

Please refer to IHSAA Bulletin Spring

TIES -

Ties must be broken for 1st place and for the last qualifying position.

TIMING -

Timing and placing will be done electronically. FinishLynx Timing System will be used. Review of the finish will occur only as determined by the Referee-Starter and is not available to coaches or parents.

JURY OF APPEALS -

The Jury of Appeals shall consist of the referee (if one), assistant starter, the meet director, and two coaches, appointed during the scratch meeting by the Tournament Director. The Jury will serve in an advisory capacity only if the referee wishes to consult with them.

SCRATCHES FROM SECTIONAL TO REGIONAL -

Scratch cards from Sectional to Regional will be distributed in the packet at the scratch meeting. Cards must be turned in to the Meet Director in the timing trailer **within 30 minutes after the conclusion of the final event.**

OTHER PERTINENT INFORMATION -

- A. **Starting blocks will be available by the host school. You are encouraged to provide your own.**
- B. When a contestant is “scratched” from an event in a tournament series meet after the beginning of the first event of the meet, she is automatically eliminated from all other events in the tournament series unless excused by a physician licensed to practice medicine.
- C. The concession stand and restrooms will be open.

- D. Meet results will be available following the verification of the official scoring, as soon as possible, following the meet.
- E. NPHS is not responsible for lost/misplaced/stolen property.

IHSAA need to know:

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: an athlete that is called back to fill the field to its max number needed, 16. You will not be notified (no call, text, email) of this, you will need to check heat sheets posted on the IHSAA website or where the meet host advises they will also post them.

CALLBACK: One which is called back due to a scratch in that event. 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.

Please contact AD Al Cooper acooper@newpal.k12.in.us 317-626-0170 or Michelle Nolley of Alpha Timing if any questions michelle@alphatiming.net

We wish to make this a successful and well run meet. Best of luck to all teams!

Emergency Contact Information-GIRLS TRACK SECTIONAL

In the event of inclement weather, please assist us in contacting you by providing the following information:

School: _____

Athletic Director: _____

Office phone: _____ Ext. _____

Cell phone: _____

Home phone: _____

Bus departure time: _____

Head Coach: _____

Cell phone: _____

Home phone: _____

Any other information necessary to contact those involved:

For your records:

New Palestine High School

Athletic Director: Al Cooper

Office Phone: 317-861-5701 ext. 2020 Cell: 317-626-0170

Meet Director: Mile Hercamp. mhercamp@newpal.k12.in.us

Meet Coordinator: Michelle Nolley, michelle@alphaltiming.net or michelle.nolley@gmail.com.

Please return this form to New Palestine High School as soon as possible.

Athletic Administrative Assistant: Summer Parsons: sparsons@newpal.k12.in.us