

2022 Sagamore MS Conference Track Meet

Dates: Field events: Thursday, May 12th 5:30pm
Running events: Monday, May 16th, 5:30pm (*this is rain date for field events if needed*)

Host: North Montgomery Middle School @ North Montgomery HS

Meet Director: Mike Myers, mmyers@nm.k12.in.us

ECC: Brittanni Eavey, beavey@nm.k12.in.us ; Jodi Webster, jwebster@nm.k12.in.us

Competing

Schools: Crawfordsville, Danville, Frankfort, Lebanon, North Montgomery, Southmont, Tri-West, Western Boone

Entry: Due by: Tuesday, May 10, 10am see below & last page for more information

Entries: WILL BE DONE VIA WWW.ATHLETIC.NET. COACHES YOU MUST REGISTER YOURSELF AND YOUR TEAM IF YOU HAVE NOT ALREADY THIS SEASON. IF YOU ARE A NEW COACH ASK THE OLD COACH IF THEY WILL LOG IN AND ADD YOU THEN REMOVE THEMSELVES OR CREATE YOUR ACCOUNT AND EMAIL SUPPORT TO ADD YOU AS A COACH, CAN TAKE 24-36 HRS. WE CANNOT ANSWER QUESTIONS ON ENTRY, YOU MUST USE THE CONTACT US WITHIN THE PROGRAM FOR ENTRY HELP.

- 2 entries + 1 alternate per event. Being an alternate counts as an event; up to 4 events per athlete.
- **Enter your alternates with NO TIME/NO MARK. List times/marks for those you are declaring to compete.**
- You may list up to 8 possible relay participants, any 4 of which you may have report to the clerk to compete.
- No person will be allowed to compete if not listed either as the entered athlete or the designated alternate in that event and all changes to the designated alternates must be made prior to the start of the coaches meeting.

Entry/Performance lists will be posted for review as per the table following. Any corrections (missing athletes to be entered late with No Time/No Mark, new alternates, etc: no time/mark updates however) MUST be submitted to michelle@alphatiming.net by Coaches Correction date in the table or entry stands "as is".

Heat sheets will be posted as per the table following. Email your known allowed scratches up to 2 p.m. on meet day. After that see Alpha Timing as soon as you arrive with additional scratches. The URL www.alphatiming.net will be your meet resource.

Scratches: Email Michelle@alphaTiming.net with any known scratches/replacements by 2 pm meet day. See Alpha when you arrive with any additional scratches. Help us speed things up by emailing those you know ahead of time. Only Head Coaches, scorers and AD's will to be in the scratch meeting (noise purposes). **ALL SCRATCHES MUST be in to Alpha Timing by the start of the coaches meeting.**

IMPORTANT REMINDERS:

Electronics: Please advise your athletes that using or wearing any electronic device within competition areas is a violation of rules. This includes any area inside the track fencing and areas around all field events. This applies from the moment of arrival until they leave. Electronics may be used in team camp areas only.

Reporting to clerk: All athletes must report by 2nd call or risk being scratched. It is their Responsibility to listen for calls. No athlete will be called who is late in reporting. They must report for each event in which they compete.

Field Event WarmUps: Athletes may not warm up, cool down at any field event unless their Coach or the field event official is present. If the coach or official walks away the Athlete must stop warming up or must leave the event area if it completed. This is disqualifiable Offense so it is important that it be followed.

Track Area: **Coaches and non-participants will not be allowed on the track or in the field event areas. No team "camps" in the infield area. Coaches will be warned of infractions. Meet will be halted if warnings do not correct the issue.** Team camps must be under the bleachers.

Admission: \$5.00, pre-school admitted free.

- Tickets are good for one day.
- Conference and/or athletic passes do not work.

Concessions: Concessions will be available

Coach Meeting: 5:10 pm at the entrance under the East Bleachers

Running General Information:

- ❖ ¼" pyramid spikes only
- ❖ Starting blocks will be available or you may bring your own clearly marked blocks
- ❖ Clerk will be located for all events at the start of the 100's, the south end of the track.
- ❖ Advancement from prelims to finals will be the top 2 in each heat + the next best times to a final of 8.
- ❖ Entry times should be listed for your competing athletes and no time no mark should be entered for your alternates.
- ❖ Prelims in 100's, 200's and 100/110 hurdles. All other events timed finals with the slow heat first.
- ❖ 4x400 relay: 1st leg in lane entire race, 2nd runner may cut in per starters direction pre-event and all other exchanges will use the 'off the curve or California exchange' method.
- ❖ There will be a 15 break between the trials and finals on Monday, once finals begin we will be on a rolling schedule.
- ❖ Athletes must report to the clerk prior to the 2nd call for their event. Athletes who report after 2nd call may be scratched and will be DQ'd from any further competition in the evening, including finals, relays, etc.
- ❖ When reporting athletes will be assigned a HIP number based on the lane they compete in in that event. They must affix this number prior to the start of the race to their HIP, not the front of their leg or back of their leg. This number must be visible to the camera at the finish of the race. It will be announced in coaches meeting right or left hip and the athletes told when they report. Please explain this to them in advance and show them proper placement of the HIP #.

- ❖ You may send any 4 of the up to 8 you have listed to report to the clerk to run in your relay.
- ❖ Instruct your athletes to clear the track after finishing their race as soon as clear to do so. Athletes should at no time cross back over the finish line after a race. They should exit to the nearest gate past the finish or to the infield for exit.

Field Event General Information:

- ❖ **We will weigh each shot and disc with the same scale before field events begin. Legal ones will be marked with fingernail polish supplied by the meet director.**
- ❖ Girls will compete in shot put and high jump first. Boys will compete in discus and long jump first. Once a gender is complete calls will be made for the other gender to report.
- ❖ 3 attempts per competitor in Long Jump, Discus and Shot Put. Cafeteria style, 1 hour time limit to complete all 3 attempts per athlete. Anyone in line at 1 hour with attempts remaining will be allowed their attempts.
- ❖ Starting height for girls High Jump will be 4'0 and for boys 4'6". Once called athletes must complete their attempt within 2 minutes after name is called, failure to do so may result in scratched attempts.
- ❖ Athletes who compete in 2 events competing at the same time must go back and forth between the two. They must check out with the event official each time, report to the other event, take that attempt, check out and report immediately back to the other event. Rest will be given by the official of the event checking into. Athletes in the Long Jump, Shot and Discus have the option of taking all or part of their attempts consecutively. They will notify the event official in advance to allow this to happen. Keep in mind the 1 hour clock for Long, Shot and Discus.

General Meet Conduct:

- ❖ Once the meet begins there is no scratching an athlete and inserting an alternate. This must be done prior to the beginning of the coaches meeting on Monday.
- ❖ Scoring in all events will be 10/8/6/5/4/3/2/1
- ❖ IHSAA and NFHS rules will govern the meet unless otherwise noted in this information.
- ❖ Games committee shall consist of: Starter or Asst Starter (if there is one), 1 member of Alpha Timing, Meet Director, all decisions made will be final.
- ❖ Protocol for protest is write it out, give to one of the members of the Games Committee. They will read, ask any questions if needed and rule. You will be notified of the decision.
- ❖ Photo finish is available only to the Starter, Asst Starter and Games Committee.
- ❖ Coaches should not be in the infield area at any time.
- ❖ Results will be posted to: www.alphatiming.net under Results and limited copies printed on site

Questions may be directed to: Michelle Nolley @ michelle@alphatiming.net



ENTRY INFORMATION - IMPORTANT

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

Use the support option within the program if you need help with the online entry system.

DO NOT WAIT UNTIL THE LAST MINUTE TO START THIS PROCESS. START EARLY!

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

- For your alternates please enter them with **NO TIME/NO MARK**. Enter a time/mark for those you are declaring to compete. Also check the ALT Box or type ALT into the Note box.
- 2 entries per individual event with 1 designated alternate per school.
- 1 relay per gender/school. You may list up to 8 possible relay participants.
- Being an alternate counts as an event, up to 4 events per athlete.
- 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.
- Help us prepare the best meet for you by getting things done by deadlines and sending any known scratches via email ahead of time.

IMPORTANT MEET DEADLINES

Coaches submit entries online via Athletic.net online entry www.athletic.net	10am – Tuesday, May 10 th
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	3pm– Tuesday, May 10 th
Coaches' Corrections (missing athletes etc, not time/mark updates) Due By or stands as is after	10am – Wednesday, May 11 th
Heat Sheets Posted to www.alphatiming.net/EventInfo	2pm– Wednesday, May 11 th
Meet Day early scratches w/replacements Due via email	2 pm – Thursday field & Monday running
Meet/Final scratches due in person by	5:00 pm – Thursday field & Monday running

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

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

Questions & Scratches: michelle@alphatiming.net