

Hoosier Crossroads Conference 2021 Girls Track Championship

Date: Tuesday, May 4, 2012
Host: Fishers High School
Times: Field Events - 6:00 pm Running Events - 6:30 pm

Meet Entry: Entries will be done through ATHLETIC.NET only. Entries are due by Friday, April 30th at 8:00 pm. You will be able to enter three (3) athletes in each individual event; your alternate will automatically be the athlete with the third best seed time/distance. Please be sure to list up to eight (8) athletes in each relay.

Questions contact: Jim Brown, Fishers High School

Entry Deadline: Friday, April 30th, 8:00 pm.

Heat sheets will be POSTED to www.alphatiming.net/EventInfo Monday, May 3rd by 4 pm.

COVID Restrictions -Teams:

- **Only athletes participating should attend**
- Coaches and athletes should always wear a face covering.
- Team camps should be socially distanced.
- Restrooms will be provided.
- Athletes and coaches should bring their own full water bottle.
- Athletes should arrive taped and ready to compete unless prior communication with our Athletic Training Staff

COVID Restrictions - Spectators:

- Immediate family only may attend
- Spectators are required to wear a mask for the duration of the event.
- Spectators are asked to socially distance themselves in all viewing areas.
- Concession stands will be available as Credit Card purchases only.
- Parents are encouraged to depart at the conclusion of the event.
- Cancelled contests: If a contest is cancelled / postponed. Tickets purchased in advance will either be valid for the rescheduled date or refunded.

NOTE: Spectator capacities are subject to change.

Scratches/Scratch Meeting: Early scratches can be made any time after heat sheets are posted until Tuesday the day of the meet before 2:00 pm, email michelle.nolley@gmail.com or michelle@alphatiming.net; Please give us any you can before 2:00 pm, that will make coaches check in easier. There will be a head coaches meeting at 5:15 in the football coaches room where final scratches can be made.

Bus Drop off: Unload athletes at the northwest entrance to the stadium off of 131st Street. Team/Coaches packets will be available in the football coaches room.

Coaches Check In: Coaches should check in immediately upon arrival in the football coaches room to make final scratches. There will be a head coaches meeting at 5:15 in this room.

Implement Weigh-in: Weigh-in of shots/discs will occur at the south end of the stadium next to the coaches room entrance. Impounded implements will be available here after the meet.

Vaulter Verification Forms: The vaulter weight verification form will be in your packet. Please fill this form out and give it to the individual running the pole vault.

Athlete Check In: Athletes in running events should check with the clerk of the course at first call for their event. The clerk table will be located in the northwest corner of the football field inside turn four.

Advancement to Finals: In the field events discus, long jump and shot put we will take the top 9 competitors to finals after trials. In running events we will advance the top 2 places in each heat and the next 4 fastest times. IHSAA Sectional rules govern unless otherwise noted in this info.

Admission: Admission is \$6.00 per person, preschool and under will be admitted for free. A digital link will be sent to your school at a later date for tickets. **Tickets will be limited to 75 for each school.** All contestants in uniform, managers, and coaches **on the bus** will be admitted free.

Dressing Rooms: Dressing facilities **will not** be available. Athletes need to come ready to compete. Restrooms are located on the north end of the track near the concession stand and the south end by the tennis courts.

Appeals: Protests should be filed with Meet Director, Jim Brown. The jury of appeals will be made up of the head starter, clerk of the course and 2 head coaches. The final decision will rest with the head starter.

Scoring: Eight (8) places will be scored – 10-8-6-5-4-3-2-1 in individual events, and each relay.

Awards: Medals will be given to the first place finisher with ribbons given to 2nd – 8th place. A trophy will be given to the winning team. There will be no awards recognition, ribbons and medals will be available after the meet in the hospitality room.

Coaches Meeting Room: Coaches room will be available for coaches, workers and school administrators only. No athletes will be allowed in the room. It will be located in the locker meeting room at the south end of the stadium, please use the blue double doors. **NO food will be available only drinks.**

Infield Area: The football field will be off limits to competitors. Teams should make their camps in the bleachers (visitors side). Warm-ups should be contained to the backstretch. Coaches will not be allowed in the infield area after the meet has started.

Equipment: Only ¼” spikes will be permitted on the track surface. No hex head spikes. The shot put and discus rings are cement, rubber soled shoes are required. **Chalk may be used along the runways/track. No Tape.**

Timing: Timing will be done by FAT.

Ties: In the case of a tie in a track event, the points shall be divided.

Results: Complete results will be given to each school as soon as possible after the meet.

Starter: Larry Maxwell Assistant Starter: Larry Sanders

Order of Events:

Field Events – 6:00 PM

Discus

High Jump

Pole Vault

Long Jump

Shot Put (after discus)

Running Events – 6:30 PM

- 3200 Meter Relay
- 100 Meter Trials
- 100 Meter Hurdle Trials
- 200 Meter Trials

****20 Minute Break****

National Anthem

- 100 Meter Hurdles
- 100 Meter Dash
- 1600 Meter Run
- 400 Meter Relay
- 400 Meter
- 300 Meter Hurdles
- 800 Meter Run
- 200 Meter Dash
- 3200 Meter Run
- 1600 Meter Relay

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!!!*

<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</i>
	<i>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.



IMPORTANT ENTRY INFORMATION

Entry Process: ONLY VIA WWW.ATHLETIC.NET ONLINE ENTRY SYSTEM. QUESTIONS ON THE ENTRY PROGRAM MUST BE SENT TO HELP WITHIN THE PROGRAM ITSELF, ALLOW 36 HOURS.

DO NOT WAIT UNTIL THE LAST MINUTE TO START THIS PROCESS. START EARLY! THAT WAY IF YOU HAVE ANY ISSUES YOU HAVE TIME TO GET THEM RESOLVED.

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

- For alternates enter them with NO TIME/NO MARK but DO CHECK the Alt box. NOTE: I cannot see your designated alts in the download, I have to guess unless you use the NT/NM for them so it is on you to check these on the perf lists when posted and notify of changes by the Coaches Correction deadline.
- See event entry limits on prior page.
- 1 relay per gender/school. You may list up to 8 possible relay participants.
- Being an alternate counts as an event, SEE NEW RULE FOR MAX 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 Perf Lists are posted no new names added or changes to entry unless to designated alternate, this does not allow you to insert a new alternate however after Perf lists post.

Coaches send your cell number and email address now to Michelle@alphatiming.net.

IMPORTANT MEET DEADLINES	
Coaches submit entries online via Athletic.net online entry www.athletic.net	8pm – Friday, April 30
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	Noon –Monday, May 3
Coaches’ Corrections (missing athletes etc, not time/mark updates) Due	2pm – Monday, May 3
Heat Sheets Posted to www.alphatiming.net/EventInfo	4pm – 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	4:45 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.

Entry/SCRATCHES/Timing/Results questions: michelle@alphatiming.net

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, moving up or delaying start times, and adjusting number of field attempts.