

HANCOCK COUNTY BOYS & GIRLS TRACK & FIELD MEET

WEDNESDAY, MAY 5, 2021

Mt. Vernon High School

If you have questions, please call the Mt. Vernon HS Athletic Office at 317-485-3131.

Admission: \$5.00 *All ticketing will be done presale via spicket.events/marauders. We encourage spectators to be logged into their account before approaching the gate.*

Time Schedule:

4:45 p.m. Coaches Meeting in the film room.
5:15 p.m. Field Events will report.
5:15 p.m. Meeting of all timers and workers at the finish line.
5:30 p.m. Field Events will begin.
Boys- Discus, Long Jump, High Jump, and Pole Vault
Girls- Shot Put Long Jump, High Jump, and Pole Vault

FOLLOWING THE COMPLETION OF THE ABOVE:

Boys- Shot Put
Girls- Discus

5:30 p.m. Girls 3200 Meter Relay
Boys 3200 Meter Relay
6:15 p.m. NATIONAL ANTHEM
6:20 p.m. Running Events will start
Girls 100 Meter Hurdles
Boys 110 Meter High Hurdles
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 400 Meter Relay
Boys 400 Meter Relay
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 300 Meter Low Hurdles
Boys 300 Meter Intermediate Hurdles
Girls 800 Meter Run
Boys 800 Meter Run
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 3200 Meter Run
Boys 3200 Meter Run
Girls 1600 Meter Relay
Boys 1600 Meter Relay

Presentation of team trophies

Entry Limits:

Each school may enter two (2) contestants and an alternate in each running event up to and including the 400 Meter Dash. Starting with the 800 Meter Run, each school may enter three (3) contestants and an alternate. Each school may enter six (8) contestants (4 participants, 4 alternates) for each relay event. In field events, each school may enter three (3) contestants and an alternate. **NO CONTESTANT SHALL ENTER NOR BE A PARTICIPANT IN MORE THAN FOUR (4) EVENTS.** Alternates, as listed on the entry form, may be substituted PRIOR TO the scratch meeting.

ENTRY: see last page for all entry info, including deadline.

Workers:

PLEASE RETURN YOUR COMPLETED WORKERS LIST BY MONDAY, MAY 3, 2021. You can e-mail them to Brandon.ecker@mvcsc.k12.in.us

Scoring:

Individual Events	6-4-3-2-1
Relays	6-4-2

Awards:

Ribbons will be awarded for 1st through 5th places in the individual events and 1st through 3rd places in the relays. Awards and results will be presented to the coaches immediately following the meet.

Clerk of Course:

Entrants are required to report to the staging area at the north end of the track BY 2nd call. Those entrants that have not reported by the second call shall be scratched.

Team Area:

Teams may set up camp in the east bleachers. No athletes are to be in the infield. Please discourage your athletes from bringing stereos, etc. The finish line area must be kept clear of participants and coaches.

Track Specifications:

The track is an eight (8) lane all-weather track with a ten (10) lane straightaway. Only flats and 1/4" spikes will be allowed. The runways are the same material, while the shot and discus pads are concrete.

Starting Blocks:

Mt. Vernon will not supply starting blocks, please bring your own.

Field Events:

4:45 to 5:30 p.m. Practice and Warm-up Time. Each school should provide their own shots, discs, etc. We will weigh these items in with the pole vaulters at the track building by the Long Jump runways, NW corner. ***Running Events take precedence over Field Events.*** However, contestants must return to the field event immediately after their running event and will be given up to ten (10) minutes to re-enter field event or scratch that attempt. Once a contestant is called as up, they have one (1) minute to begin their jump or throw.

In the Long Jump, Shot Put, and Discus, each contestant will be allowed three (3) attempts (in the order of the strongest being first) with the top six (6) participants qualifying for the finals. The finalists will be permitted three (3) additional attempts (in the order of the weakest being first). The finals will immediately follow the trials. Both shot put and both discus areas will be used for the competition which will enable the

girls to move directly from the shot put to the discus and the boys to be able to move directly from the discus to the shot put.

In the High Jump and Pole Vault, the weakest competitors will be first.

Warm-ups for the girls High Jump will be at 4'2". The competition will begin at 2" below the height of the fifth seed and will increase by 2" increments until a height of 5'0", at which time increments will be 1".

Warm-ups for the boys High Jump will start at 5'2". The competition will begin at 2" below the height of the fifth seed and will increase by 2" increments until a height of 6'0", at which time increments will be 1".

Warm-ups for the Boys Pole Vault will start at 8'0" and the Girls Pole Vault will be 5'0". The competition will begin at 6" below the height of the fifth seed and will increase by 6" increments until a height of 12'0", at which time the increments will be 3".

Any changes to the starting heights will be made at the scratch meeting.

Running Events: Stagers and Positions

3200 Meter Relay	2 turn stagger, all other exchanges use off the curve method
100/110 Meter Hurdles	Straight, run in assigned lanes all the way
1600/3200 Meter Run	Arc with immediate cut-in without interference
400ter Relay/Dash	2 turn stagger, run assigned lanes all the way
300 Meter Hurdles/ 200 Meter Dash	1 turn stagger, run in assigned lanes all the way
800 Meter Run	2 turn stagger, run in assigned lanes until the break line after second turn
1600 Meter Run	3 turn stagger, #1 runners in assigned lane all the way; #2 runners in lanes to break point beginning on the back straight away; first exchange in lanes, all other exchanges use off the curve method

Timing System:

Our Finish Lynx timing system will be used.

Athlete of the Meet

Nominations for the Athlete of the Meet should be turned in to the Press Box at the conclusion of the final event. A nomination form will be provided at the meet. An Athlete of the Meet for both boys and girls will be selected after all nominations are submitted.

**HANCOCK COUNTY BOYS & GIRLS TRACK & FIELD MEET
WORKER LIST**

DUE DATE: MAY 3, 2021

Field Events:

Finish Line:

Boys Discus/Shot Put
Judge: MV _____

1) GC _____
 NP _____

Boys Pole Vault
Judge: MV _____

2) EH _____
 GC _____

Boys High Jump
Judge: MV _____

3) EH _____
 NP _____

Boys Long Jump
Judge: MV _____

4) MV _____
 EH _____

Girls Shot Put/Discus
Judge: MV _____

5) NP _____
 GC _____

Girls Pole Vault
Judge: MV _____

6) MV _____

Scorer/Announcer:

MV _____

Girls High Jump
Judge: MV _____

Girls Long Jump
Judge: MV _____

Clerk of Course: MV _____

Curve Judges and Relay Exchanges:

NP
Back Stretch
2nd Exchange

EH
North Turn
1st Exchange

GC
South Turn
3rd Exchange

These people may wish to bring a lawn chair for their convenience!



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 or check the ALT box.
- For your declared competitors please enter a legitimate mark or a probable mark.
- 2 entries + 1 alternate per individual event per school.
- 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 – Monday, May 3
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	3pm –Monday, May 3
Coaches' Corrections (missing athletes etc, not time/mark updates) Due	10am – Tuesday, May 4
Heat Sheets Posted to www.alphatiming.net/EventInfo	3pm – Tuesday, May 4
Meet Day early scratches w/replacements Due via email: michelle@alphatiming.net	2:00 pm – Wednesday, May 5
Meet/Final scratches due by (in person to Alpha)	4:40 pm – Wednesday, May 5

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

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.