

2021 HENDRICKS COUNTY TRACK MEET

Location	Plainfield Middle School, 709 Stafford Road Don Dones 317-838-3975 (o) or 317-201-6891 (m)
Date	Wednesday, May 5 at 5:30. Each school should provide 2 workers.
Entries	Submitted Electronically via www.athletic.net BY Monday, May 3, 10am See last page for more information.
Scratches	Must be sent before 1:00 P.M. Wednesday, May 5
Format	5:00 – Coaches Meeting 5:30 - Field Events 6:00 - Running Events
Entry Information	A contestant may not enter more than 4 events. A relay counts as one event. Alternates entered count toward their 4 events.
Team Camps	Teams will set-up camps on the Football Field. Team camp areas will be marked.
Awards and Scoring	Championship trophies presented to the winning teams (girls/boys). Ribbons for 1 st through 7 th places awarded. All events scored on 10-8-6-4-3-2-1.
Clerk of Course	Participating athletes in running events should PERSONALLY report to the clerk of the course at the east end of the bleachers on the north gate BY 2nd call. Field event athletes should report directly to the judge at the event. If involved in another event, an athlete can request to check out. Athlete has 10 minutes upon returning to complete an attempt. If an athlete does not return within 10 minutes after running, she/he passes on that attempt.
Uniforms	Must be the school issued uniform. Any visible shirt or undergarment will be of the same solid color. Spikes cannot be longer than 1/4". Relay members should have matching uniforms as per IHSAA rules.
Long Jump	Girls will compete first followed by the boys. Each contestant will have 3 jumps.
Discus	(1 kg) Boys throw first followed by the girls. Each contestant will have 3 throws. Discus weighed upon arrival. Any implement not meeting specification is quarantined for meet.
Shot Put	(4 kg) Girls throw first followed by the boys. Each contestant will have 3 throws. Shot put weighed upon arrival. Any implement not meeting specifications is quarantined for meet.
High Jump	Girls will start at 4' (east pit); boys at 4'6" (west pit). The bar is raised at 2" intervals until 5 participants are left. Then, the bar is raised in 1" intervals.
Dashes & Hurdles	Run in seeded heats...places determined by times from all heats. Heats will be run slow to fast.

Admission \$5.00 for adults and students (preschool free) \$20 Family Pass 4 or more

Concessions Concessions available. Coaches and workers will be given a comp ticket for a food and beverage selection through concessions. Unlimited bottled water will be available for coaches and workers. The historical open format hospitality will NOT be available this year.



ENTRY INFORMATION -IMPORTANT PLEASE READ

Coaches please be sure to check your email often for meet updates. Check SPAM also.

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	1:00 pm - Wednesday, May 5th, 2021
Meet/Final scratches due by	5:00 pm - Wednesday, May 5th, 2021

Entries: WILL BE DONE VIA WWW.ATHLETIC.NET. COACHES YOU MUST REGISTER YOURSELF AND YOUR TEAM. WE CANNOT ANSWER QUESTIONS ON ENTRY, YOU MUST USE THE CONTACT US FOR ENTRY HELP. ALPHA CANNOT HELP WITH ENTRY QUESTIONS AS IT IS NOT OUR PROGRAM.

- 2 entries + 1 alternate per event. Being an alternate counts as an event; up to 4 events per athlete.
- You may list up to 8 possible relay participants, any 4 of which report to the clerk to compete. Being listed also counts in max events per athlete.
- 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.
- Once entry is submitted no time/mark updates.

Entry/Performance lists will be posted by 3pm - Monday, May 3 for review. Any corrections (missing athletes, new alternates, etc: no time/mark updates however) MUST be submitted to michelle@alphatiming.net by 10:00 A.M. Tuesday, May 4.

Heat sheets will be posted by 3pm, Tuesday, May 4. Email your known allowed scratches up to 1:00 P.M. on meet day. After that see Alpha Timing as soon as you arrive with additional scratches. Please do not hold scratches until you arrive, send those you know in advance.

The URL www.alphatiming.net will be your meet resource.