

G-C COUGAR CHASE TRACK INVITATIONAL

Friday, May 3, 2019 – There will be no rain date.

TEAMS: Connersville, Danville, Franklin, Frankton,
Greenfield-Central, Greenwood, Roncalli, & Rushville

ENTRY FEE: \$150.00 per school covers both genders

ADMISSION: \$5.00 – Grades 1 & Up

COACH'S MEETING: 5:15p.m. @ Finish Line

TIME SCHEDULE: 5:30p.m. FIELD EVENTS

Women's & Men's Pole Vault, Women's Shot, Women's High Jump, Men's Long Jump, Men's Discus ...remaining events to follow when above events are complete. Each competitor will have **4 attempts** (except pole vault and high jump). LONG JUMP will have a 90 minute open pit for each gender to complete their 4 attempts. At 90 min the pit will close to any remaining attempts.

6:00p.m. 4 X 200 RELAYS – Men then women
4 X 800 RELAYS – Men then women
Senior Night Recognitions

6:25p.m. NATIONAL ANTHEM

6:30p.m. **RUNNING FINALS – NO TRIALS - Men then Women**
High Hurdles, IM Hurdles, 100 meter dash, 1600 meter run,
4 X 100 relay, 400 meter dash, 300 Low/IM hurdles, 800 meter run,
200 meter dash, 3200 meter run, & 4 X 400 relay

SCORING: 10-8-6-5-4-3-2-1

PARTICIPATION:	100, 200, all hurdles, & 400	2 entries per school
LIMITS	800, 1600, 3200 & all field events	3 entries per school
	Relays	1 relay team per event per school

TIMING & SCORING: Finish Lynx/Hy-Tek provided by Alpha Timing

TEAM INFO: In the west bleachers along backstretch only – no camps or athletes on the infield.
Since the infield is a turf surface, no long jump marks can be inserted into the turf.

AWARDS: Women's & Men's Championship Trophies
Combined Score Championship Trophy
Ribbons for places 1 through 8 in all events
Outstanding Female & Male Athlete Medals – determined by total point scored

ROSTERS: Please email your emergency contact number and bus departure time **no later than April 30th** to ConnieJo Harris at: charris@gcsc.k12.in.us



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.
- Please see the entry limits on page prior.
- 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	10:00am- Tuesday, April 30
Entry/Performance List Posted (if all entries in to www.alphatiming.net/EventInfo)	Noon -Wednesday, May 1
Coaches' Corrections (missing athletes etc, not time/mark updates) Due	10am - Thursday, May 2
Heat Sheets Posted to www.alphatiming.net/EventInfo	3pm - Thursday, May 2
Meet Day early scratches w/replacements Due via email: michelle@alphatiming.net	2:00 pm - Friday, May 3
Meet/Final scratches due by (in person to Alpha)	5:00 pm - Friday, May 3

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.

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!!!***

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.

Contestant may officially enter:

Four Individual events No relays allowed.

Three Individual events May be listed on any number of relays but compete in only 1 relay.

Two Individual events May be listed on any number of relays but compete in only 2

Relays.

One Individual event May be listed on any number of relays but participate in only 3 relays.

Zero Individual events May be listed on 4 relays and may compete in 4 relays.

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.