

2021 HOOSIER HERITAGE CONFERENCE BOYS TRACK MEET
THURSDAY, MAY 13, 2021
MT. VERNON HIGH SCHOOL

Mt. Vernon High School is pleased to be hosting the Girls' Hoosier Heritage Conference Track Meet. This letter is one of general information. **PLEASE READ IT CAREFULLY!**

1. **RAIN DATE:** Friday, May 14, 2021 at 5:30 PM.
2. **RULES:** Please consult IHSAA Bulletin
3. **WARM-UP:** Warm-up will be allowed on the back stretch in lanes 6-8. The inside 5 lanes should **ALWAYS** be kept clear. **NO EXCEPTIONS.** **Athletes who are not in an event or not warming up should stay off of the track and out of the infield.** We ask your assistance in keeping athletes out of the infield.

4. **TIME SCHEDULE:**

5:00PM - Coaches Scratch Meeting in Film Room.

5:30PM - Field Events Begin

5:45PM - 3200 Relay Finals

6:15PM - Running Event Time Trials (100 M Dash, 100 M High Hurdles, 200 M Dash)

7:00PM - National Anthem

7:05PM - Running Event Finals Begin

5. **ORDER OF EVENTS:**

Pole Vault

Discus

Long Jump

Shot Put

High Jump

We will begin with discus and move to the shot put after the discus competition has concluded. Schools are encouraged to bring towels to wipe off shoes and shots.

Running Events Finals

1. 100 M High Hurdles
2. 100 M Dash
3. 1600 M Run
4. 400 M Relay
5. 400 M Dash
6. 300 M Low Hurdles
7. 800 M Run
8. 200 M Dash
9. 3200 M Run
10. 1600 M Relay

- | | | |
|----|-----------------|-----------------------|
| 6. | STARTER: | ASST. STARTER: |
| | Johnny Walker | Chris Curry |

7. **GAMES COMMITTEE:**

Will be selected at the scratch meeting

8. **TIMING:** Finishlynx Timing System

9. **TRACK SPECIFICATIONS** - The Mt. Vernon track is an all-weather surface. This is a softer surface than many tracks and only flats or 1/4" spikes will be permitted. Hex-head and 3/8" spikes are not acceptable. The field event runways and the high jump surface are made of the same material as the track itself. This is an eight lane track with ten lanes on the straight-away.

10. **STARTING BLOCKS** – Schools must bring their own blocks.

11. **TEAM AREAS** - Teams are requested to set up camps on the grounds outside the track area. No teams on the football field please. Coaches interested in getting accurate times on their contestants, we recommend that you locate near the south end of the bleachers so that you have a good view of the finish line. **Coaches are required to stay out of the infield area.** Field Events start at 5:30PM and all coaches should be out of the infield by 5:45PM. Please cooperate in this matter.

12. **COACHES MEETING** - The **COACHES Meeting** will be held at 5:00PM in film room in the locker building. Do not hold scratches until the meeting. See last page for info.

13. **FIELD EVENTS** -

A. Warm-Up Period – 4:00 PM until 5:00 PM

B. Shots and discuses will be weighed at 4:30PM at the south end of the locker room building directly behind the bleachers. All underweight discus and shots will be impounded until the meet or events are over. Vaulters will weigh in at the north end of the locker building at 4:30 PM.

C. A contestant shall be charged with an unsuccessful attempt if they do not complete their trial or indicate their passing it within 1(one) minute after they have been called for a trial.

D. In long jump, shot put and discus, each contestant will be allowed three attempts with the top nine (9) participants qualifying for the finals. Flights for shot and discus will be run per IHSAA regulations: **worst to best.**

E. The high jump and pole vault will begin at the 10th seed and will follow sectional protocols.

F. Immediately after the coaches meeting, coaches are to report to the pole vault area to check in pole vaulters and poles with the starter.

14. **RUNNING EVENTS** -

A. There will be eight (8) qualifiers to the finals in the 100 m hurdles, 100 m dash, and 200m dash. The top two (2) places in each of the two heats plus the next two 2 fastest times in each event will qualify for the finals.

B. 200m: one turn stagger.

C. 300m Intermediate Hurdles: one turn stagger, sections v. time (timed final).

D. 400m dash and the 400m relay; timed final, two turn stagger, participants must remain in their assigned lane at all times.

E. 800m run: one turn stagger, boxed alleys; sections v. time.

F. 1600m/3200m runs; waterfall start

G. 1600m relay; 3 turn stagger – sections v. times; #1 runners in lanes; #2 runners in lanes to break point on back straight; 1st exchange in lanes; other exchanges, California exchange.

H. 3200m relay: one turn stagger; California exchange.

15. **CLERK-OF-COURSE** - Entrants shall report to the north end of the straight-away to the clerk-of-course BY the second call in their event. Those contestants not reporting shall be scratched.

16. **Field events/Running events**, running events take precedence over field. Athletes should check out with the field event official, report to the running event, compete in that and immediately return to the field event and check back in. Once they check in they will be given up to 10 minutes to re-enter the competition.

17. **ELECTRONICS**: athletes are not allowed to have or use any type of electronic devices inside the track area or around any field event area outside of the track from the time of arrival until the time they leave. This includes phones, ear buds, etc, during warmups, cool-downs!

18. **SCORING** - Eight places will be scored (10-8-6-5-4-3-2-1 respectively) in all events including relays. In case of a tie for first place in the finals, 2 medals will be awarded. Points will be divided equally in all ties.

19. **DRESSING FACILITIES** - It is advisable that contestants come dressed for the meet. You must be responsible for your own valuables.

20. **AWARDS** - The winning school shall receive a trophy. Individuals placing 1st shall be presented a medal; ribbons shall be presented to individuals placing 2nd through 8th in each event. Winners of each event will be announced and awards will be kept in team envelopes to be picked up in the press box at the conclusion of the meet.

ENTRIES: Due Monday, May 10, 2021 no later than NOON p.m. There will be no seeding meeting. See last page for more entry information. Be sure to read it fully, it will answer most questions.

21. **ADMISSION** - Only qualified contestants in uniform, 1 student manager, 2 coaches, the principal, and the athletic director may gain admittance by signing in at the gate. H.H.C. passes will be honored. Admission for all other spectators will be \$6.00 (+ convenience fee). **ALL TICKET SALES WILL BE IN ADVANCE VIA [SPICKET.EVENTS/MARAUDERS](https://spicket.events/marauders).** We will have a QR code for online sales at the gate for those that forget, but no cash will be available at the gate.

22. **WORKERS-** **Each school will provide one worker for the meet.**

If you have any questions, please feel free to contact:

Brandon Ecker, Athletic Director

Mt. Vernon High School

Telephone: (317) 485-3131, Extension 1692

E-Mail: brandon.ecker@mvcsc.k12.in.us



EVENT PROTOCOL

FACILITY RULES FOR SPECTATORS:

GATE WILL OPEN AT 4:45PM

ENTRY TO THE STADIUM: Visiting spectators will enter the main gate at Hancock Health Stadium. Please maintain social distance. You will redeem your digital tickets (purchased at spicket.events/marauders) at the window by holding the circular button on your tickets on the website. All spectators will enter the main ticket gate to Hancock Health Stadium. **No printed tickets, screenshots, or email confirmations will be accepted.**

- **Check out this link if you have any questions: [Buying Tickets and Checking In](#)**
- **It is encouraged to be logged into your Ticket Spicket account and have your tickets pulled up before approaching the gate. **THE LINE COULD GET LONG IF PEOPLE ARE NOT PREPARED.****

CONCESSIONS: Available at the south end of the home bleachers.

SOCIAL DISTANCING: Seats are clearly marked with stickers for places to sit in pairs. 6 ft. of social distance should be maintained at all times by spectators. We ask for your cooperation in making this a smooth event for all so that our student-athletes can play. **PLEASE DO NOT CONGREGATE BEYOND YOUR HOUSEHOLD.**

HAND HYGIENE: We encourage everyone to use good hand hygiene practices.

AFTER THE MEET: Please exit at the conclusion of the meet. No congregating will be permitted.

MEET PROTOCOLS

Athletes: Maintain 6 ft. of social distancing when possible. Coaches should be wearing masks at all times. Athletes should wear masks anytime they are not actively participating in an event.

Timing: Mt. Vernon is equipped with a FinishLynx timing & camera system.

Pressbox: Limited to essential personnel

Water: We ask the visiting teams to bring their own coolers. If they need refilled they can get the attention of our trainer who will help them get the cooler refilled. Each player should provide their own drinking container.

FIELD & STADIUM RULES: Hancock Health Stadium has an artificial turf field. The following rules are to be followed by all teams:

1. No sunflower seeds
2. No food permitted on the turf
3. Spectators may not bring footballs, soccer balls, etc. into the stadium
4. No pets permitted inside the stadium

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 type ALT into the NOTE box next to the entry, otherwise we will auto pick your 3rd performer**
- 2 entries + 1 alternate per individual event
- 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	Noon – Monday, May 10
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	3pm –Monday, May 10
Coaches' Corrections (missing athletes etc, not time/mark updates) Due	2pm – Tuesday, May 11
Heat Sheets Posted to www.alphatiming.net/EventInfo	1pm – Wednesday, May 12
Meet Day early scratches w/replacements Due via email: michelle@alphatiming.net	2:00 pm – Thursday, May 13
Meet/Final scratches due by in person to Alpha	4:55 pm – Thursday, May 13

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.