

**INDIANA CROSSROADS CONFERENCE
TRACK & FIELD CHAMPIONSHIPS
MAY 7, 2021
SPEEDWAY HIGH SCHOOL**

Beech Grove, Cardinal Ritter, Lutheran, Monrovia, Seccina, Park Tudor, Speedway, Triton Central

Contacts: SHS Athletic Director: Brian Avery – bavery@speedwayschools.net
SHS Head Coach: Nick Beard – nbeard@speedwayschools.net

SCHEDULE OF EVENTS

4:30 PM Teams report, set up camps on East side of stadium, opposite the press box.
4:45 PM Coaches Meeting at the Finish Line (Final scratches should be made at this time.)
4:55 PM 1st Call Field Events
5:00 PM 2nd Call Field Events
5:05 PM 3rd and Final Call Field Events
5:10 PM Field Events begin (Minus the Pole Vault)

Order of Field Events – 4 attempts, no finals

Boys Long Jump, followed by girls.

Boys Discus, followed by girls.

Girls High Jump, followed by boys.

Girls Shot Put, followed by boys.

ALL Pole Vault participants should report to Ritter High School on Thursday, May 6th at 5:30 p.m.

5:30 PM Girls 4 x 800 Relay

5:45 PM Boys 4 x 800 Relay

6:15 PM National Anthem

6:25 PM Running Event Finals Begin (Rolling Schedule) Boys before girls

Order of Running Events

100 M Hurdles

110 M Hurdles

100 Meter Dash

1,600 Meter Run

1,600 Meter Run

4 x 100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash

3,200 Meter Run

4 x 400 Meter Relay

Scoring

	<u>INDIVIDUAL</u>	<u>RELAYS</u>
1 st Place	10 points	10 points
2 nd Place	8 points	8 points
3 rd Place	6 points	6 points
4 th Place	4 points	4 points
5 th Place	2 points	2 points
6 th Place	1 point	1 point

General Information

- Athletes should come dressed, each school is responsible for their valuables.
- Please have athletes ready to participate and listening to the calls. Athletes who need to leave an event should check out with their field event judge before departing.
- The Clerk of Course area will be located at the north end of the track. Athletes should report to that area prior to the 2nd call for each event. Hip numbers will be utilized and should be placed on the RIGHT hip, completely visible.
- Starting heights will be determined at the coaches meeting.
- Shot Put and Discus weigh-ins will be in the locker room behind the west stadium bleachers.
- Spikes must not exceed $\frac{1}{4}$ inch in length, Hex spikes may not be used.
- Athletic tape is prohibited on the track. Chalk will be provided to indicate markings.
- Athletes will be limited to 4 events, including relays.
- **Each school should bring their own starting blocks.**
- Each school should provide two workers who will be assigned to an event or as a judge.
- All teams should park in the east main high school lot and enter the facility from that area.
- Championship trophies will be provided to each gender.
- Championship medals will be provided for event winners.
- Administrators and Coaches not involved with an event should remain outside of the fence surrounding the track.
- Spectators are prohibited from the infield.



IMPORTANT ENTRY INFORMATION

Entry Process: ONLY VIA [WWW.ATHLETIC.NET](http://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.
- 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	3pm – Tuesday, May 4
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	3pm – Wednesday, May 5
Coaches' Corrections (missing athletes etc, not time/mark updates) Due	10am – Thursday, May 6
Heat Sheets Posted to www.alphatiming.net/EventInfo	3pm – Thursday, May 6
Meet Day early scratches w/replacements Due via email: michelle@alphatiming.net	3 pm – Friday, May 7
Meet/Final scratches due by (in person to Alpha)	4:45 pm – Friday, May 7

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.