

Lawrence Central High School Track & Field
IHSAA SECTIONALS
Girls – Tuesday, May 18, 2021
Boys - Wednesday May 20, 2021



Participating Schools: Brebeuf, Heritage Christian, Herron, Indiana School for the Deaf, Arsenal Tech, Bishop Chatard, Cathedral, Lawrence Central, North Central, Park Tudor, Riverside, Tindley.

Schedule:

- 5pm: Coaches/Scratch Meeting
- 5:30pm: Field Events Begin
- 5:30pm 3200 Relay Finals
- 6pm: Trials
- 6:40pm: National Anthem
- 6:45pm: Finals

** Field Event Scratches – must be emailed to Michelle Nolley @ michelle.nolley@gmail.com by 2pm the day of the meet.

Running event scratches must be in to Alpha Timing BY 4:55pm, not after the coaches meeting begins.

Performance List will be posted to alphatiming.net/eventinfo by the deadline in the bulletin for each gender's 'seeds' to be posted. Actual seeding of the meet will not take place until the day prior to the meet to allow for any last minute changes coming from the IHSAA. Posting/Viewing the Perf List satisfies the 'seeds' requirement.

Heat sheets will be posted the day prior to the meet to alphatiming.net/eventinfo also

Live results will be posted to alphatiming.net, Results, Live, LC

Coaches Meeting Agenda:

- Welcome and Intros
- Weigh-Ins and Inspections

- Review of State Standards, Advancement to Finals and State Championships
- Scratches – Running Events
- Scoring and Awards
- Appeals Process
- Starter’s Comments
- Exchange Zone Judges
- Clerking, Hip Process
- Assistance with managing athletes and staff on the turf

Girls Entries: Official entry list must be completed with the IHSAA by **4pm, May 11th** . Failure to do so will result in a monetary penalty. No entries are accepted beyond 48 hours of the deadline).

Boys Entries: Official entry list must be completed with the IHSAA by **4pm, May 13th** . Failure to do so will result in a monetary penalty. No entries are accepted beyond 48 hours of the deadline).

State Standards:

A. Each school may list 3 participants in each individual event, but only 2 may participate unless all three have met the 3- participant standard.

B. The entrant's best season time/distance/height must be listed on the Official Entry List.

C. Schools are permitted 3 participants in each event provided all have equaled or bettered the 3 participant standards prior to 4:00 p.m., Wednesday, May 11, 2022 for the Girls and 4:00 p.m., Friday, May 13, 2022 for the Boys.

D. Coaches are required to submit proof of performance signed by a meet official prior to entering 3 individuals in an event.

E. Lane assignments and field event participants, including all students meeting the 3-Participant Standard in their events for the State Finals will be posted on www.ihsaa.org.

F. 3-Participant Standards of Performance - Qualifying Time Standards from Sectional to Regional and Regional to State Finals (Mark must be achieved in the finals of the event.

3-Participant Standard	Boys	Girls
3200m Relay	7:54.57	9:24.46
*100m Hurdles		14.93
*110m Hurdles	14.67	
*100m Dash	10.92	12.26
1600m Run	4:16.94	5:03.30
400m Relay	42.44	48.66
400m Dash	49.24	57.18
300m Hurdles	39.14	45.16
800m Run	1:55.70	2:15.27
*200m Dash	22.04	25.03
3200m Run	9:18.72	10:54.58
1600m Relay	3:20.47	3:57.75
Discus	159'3"	127'9"
Shot Put	53'9"	40'10.75"
Long Jump	22'4.25"	17'7.75"
High Jump	6'5"	5'4"
Pole Vault	14'4"	11'3"

Head coaches, AD's please share the following with all coaches, and athletes:

- Additional information: We are asking that each team dress at their home school. Locker rooms are for home teams only. The end zone building will serve as COACHES HOSPITALITY starting at 4:45 pm.
- TEAM CAMPS will be place in turns 1-2 on the grass, outside of the gate in turn 2, OR outside of turn 3 in the grassy area. Restrooms are located outside of turns 1-2-4 near concession areas.
- Lawrence Central Athletic Dept/Track and Field staff is providing ALL field event judges and workers...However, if your school has a local expert or volunteer, we would GLADLY accept folks to assist with measuring, marking and raking. Please contact Shawn Carson, shawncarson@msdlit.org or Ramon Batts, ramonbatts@msdlit.org, as soon as confirmed.

▪ Admission is \$6.00

- All coaches and managers traveling with team will be admitted.
- The team champion will receive a Sectional Championship trophy and individuals will receive ribbons from 1st – 8th place.
- Team scoring 10-8-6-5-4-3-2-1

PERMITTED ON THE FIELD: Only currently warming up athletes (2-3 events in advance) and Coaches. This is out of respect for the great work that goes on with field event athletes, and coaching during the meet. ALL COACHES: Please help us keep the infield orderly. No kids without team uniform will be admitted to infield. We want kids to participate and not be locked out of their own event. We also will always need a line of sight between officials and timers, this does not need to be a hassle if we all talk to kids ahead of time and expect results.

- Field event areas will open for warmup by 4:40
- Spikes of 1/4 or less, pyramid are the only permitted spikes.
- Tape or Chalk will be permitted for marking. Please remove all tape when completing your event. Coaches, please help monitor this.
- A pole vault verification sheet will be provided to each school to be turned in to event judge.
- Exchange zone assignments: #1 Brebeuf #2 North Central #3 Heritage Christian

Additional Information

Safe Shelter Locations:

In the event of adverse weather conditions that force an evacuation of the stadium, all teams and personnel will be directed into the Main Gym, Fieldhouse and PERK of Lawrence Central High School. Additional information with maps will be made available the day of the meet to coaches and spectators.

Bus Drop-Off Location & Bus Parking: Lawrence Central High School is currently under major construction/renovations. There is a lot of construction equipment on campus in various places and in our parking lots. We ask that you unload your buses in the band lot, located directly north of the tennis courts on the map below. Your buses will access that lot via Caito Drive. We will have security in the lot to greet your drivers and help direct them to the band lot. Once your teams unload we ask that your buses remain in that lot throughout the duration of the meet. If you have any concerns or questions about this, please email Assistant Athletic Director Ramon Batts at ramonbatts@msdl.org



Spectator Entrances: All spectators can enter at either the Visitor's Ticket Booth on the north end of the football stadium or at the Home Ticket Booth on the west end of the stadium under the home football bleachers.

Team Camp Locations:

Areas for teams to set up their camps are circled in the map below. These areas will be filled on a first come, first serve basis. We ask that teams do not set up their camps under the home bleachers on the west side of the stadium. There is additional space directly behind the visitor's bleachers of the stadium on the east side, next to the softball complex. Smaller teams are more than welcome to utilize that space if they wish. We understand these areas are not perfect, but we ask that you work with them the best you can. We do not want anyone setting up camps on our softball field. The visitor's bleachers will also be available for any teams wishing to use bleachers space. All spectators will be asked to sit in the home bleachers or stand along the fence line on south and west sides of the stadium.



Trainers & Water Coolers: We will have both of our trainers and team doctor on site. Trainers from participating schools are welcome to attend. LC will not provide water coolers.

Tickets: Online ticket link will be sent to all schools by Friday, May 13th. QR codes will also be available at the gate.

Spectator Parking:

All spectators can park in one of three lots. 1. The west parking lot (marked in the map below with an X). 2. The parking lot located directly south of the stadium (marked with a Z). 3. The Belzer Middle School parking lot, located directly across 56th Street (Marked with an O)

