

# 2021 Mid-Hoosier Conference High School Track Meet

5:30 p.m. Tuesday, May 11th  
(Rain Date: Thursday, May 13<sup>th</sup>)

## MID-HOOSIER CONFERENCE



Edinburgh Lancers

**Host:** Waldron High School

**Time:** Coaches meeting 5:00, Worker meeting 5:15, Field Events 5:30, Trials 6:00

**Concessions:** Available in the concession stand located to the North of the track.

**Starters:** Fred Chase, Tom Derrico, Kevin McGaha (Clerk)

**Entries:** Due *Thursday, May 6th by 11:59 p.m.* – see last pages for more information.

**Admission:** \$5.00, pre-school admitted free

**Press Box:** Only officials will be allowed in the press box, timing trailer, and tent. *Coaches are not allowed in these areas unless they are called.*

**Uniforms:** All uniforms must comply with NFHS and IHSAA rules and must be school-issued. Shoes must be rubber sole running shoe or 1/8-inch spikes or less.

**Track Area:** Coaches will not be allowed in the track or field event areas. Coaches will be warned and the meet stopped if it continues. Camps are not to be set up in the infield.

**Workers:** Each school is required to provide three (3) workers. A \$25 fine will be assessed for each worker who does not show up. Please check the worker list on the following pages to see where each worker is assigned.

**Awards:** Ribbons and results may be picked up in the press box after the meet. Please remember to turn in your Coach of the Year vote to the press box prior to the conclusion of the 3200m girls.

### High Jump:

1. High Jump starts at the seeded height of the 10<sup>th</sup> athlete.
2. High jump will go up 2" to 5'0" for girls and 6'0" for boys, then 1" thereafter or will follow the progressions for sectional.
3. High jump bar will not be raised or lowered. Athletes have to return immediately after a running race or face possible disqualification but have up to 10 minutes to re-enter the competition.

### Shot put/Discus:

1. Each shot and discus will be weighed and marked for use for the meet. Only those with the proper marking will be allowed during competition. Please have all throwers check in at the weighing station upon arrival at the meet. Check at the ticket table for the weigh in station.

**Games Committee:** Shall be made up of the Assistant Starter, Meet Director, 1 member of AlphaTiming crew, and two Coaches.



Hauser Jets



Morristown Yellow Jackets



North Decatur Chargers



South Decatur Cougars



Southwestern Spartans



Waldron Mohawks

# 2019 Mid-Hoosier Conference High School Track Meet Schedule

(All Times Approximate – rolling schedule once we begin)

5:00 – Coaches meeting

5:15 – Workers meeting

5:30 – Field events: Boys start at Discus and Long Jump, Girls start at Shot Put and High Jump.

As the first rotation is completed, calls will be made for the switch.

5:30 – 3200 M Relay (Girls)

5:45 – 3200 M Relay (Boys)

6:05 – National Anthem

110 M Hurdles            Boys            39”

100 M Hurdles           Girls            33”

100 M Dash            Boys

100 M Dash            Girls

1600 M Run            Boys

1600 M Run            Girls

400 M Relay            Boys

400 M Relay            Girls

400 M Dash            Boys

400 M Dash            Girls

300 M Hurdles           Boys            36”

300 M Hurdles           Girls            30”

800 M Run            Boys

800 M Run            Girls

200 M Dash            Boys

200 M Dash            Girls

3200 M Run            Boys

3200 M Run            Girls

1600 M Relay           Boys

1600 M Relay           Girls

NEW IHSAA RULE 2019:

**✓ ATHLETE ENTRY 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.***

# 2021 Mid-Hoosier Conference

## Track & Field Workers

<b>Course Clerk:</b>	Kevin MaGaha North Decatur – Course Clerk Helper
<b>Finish Line Help:</b>	North Decatur South Decatur Waldron Waldron
<b>Long Jump:</b>	Hauser Hauser Hauser
<b>High Jump:</b>	Southwestern Southwestern Southwestern
<b>Shot Put:</b>	Morristown Morristown Morristown
<b>Discus:</b>	Edinburgh Edinburgh Edinburgh
<b>Scorebook and Ribbons:</b>	Waldron
<b>Turn Judges &amp; Exchange Zones: Will need to bring their flag</b>	North Decatur South Decatur Waldron Waldron
<b>Hurdle Crew:</b>	Waldron

Turn Judges may bring a lawn chair.

All schools are required to fulfill their worker allotment. Please send event knowledgeable persons to work these events. Schools will be fined \$25.00 per worker that does not show up for that school.

**Entries:** WILL BE DONE VIA [WWW.ATHLETIC.NET](http://WWW.ATHLETIC.NET). COACHES YOU MUST REGISTER YOURSELF AND YOUR TEAM IF YOU HAVE NOT ALREADY THIS SEASON. WE CANNOT ANSWER QUESTIONS ON ENTRY, YOU MUST USE THE CONTACT US WITHIN THE PROGRAM FOR ENTRY HELP.

- 2 entries + 1 alternate per event. Being an alternate counts as an event; up to 4 events per athlete.
- **Enter your alternates with NO TIME/NO MARK and check the box as the alternate.**
- You may list up to 8 possible relay participants, any 4 of which you may have report to the clerk to compete.
- 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.

**Entry/Performance lists** will be posted for review as per the table following. Any corrections (missing athletes to be entered late with No Time/No Mark, new alternates, etc: no time/mark updates however) **MUST** be submitted to [michelle@alphatiming.net](mailto:michelle@alphatiming.net) by Coaches Correction date in the table or entry stands "as is".

**Heat sheets** will be posted as per the table following. Email your known allowed scratches up to 1:30 p.m. on meet day. After that see Alpha Timing as soon as you arrive with additional scratches. The URL [www.alphatiming.net](http://www.alphatiming.net) will be your meet resource.

**Scratches:** Email [Michelle@alpha timing.net](mailto:Michelle@alpha timing.net) with any known scratches/replacements by 1:30 pm meet day. See Alpha when you arrive with any additional scratches. Help us speed things up by emailing those you know ahead of time. Only Head Coaches, scorers and AD's will be allowed in the scratch meeting (noise purposes). If traveling you may text scratches to Michelle @ 3174038594. ALL SCRATCHES **MUST** be in to Alpha Timing by the start of the coaches meeting.

### **IMPORTANT REMINDERS:**

**Electronics:** Please advise your athletes that using or wearing any electronic device within competition areas is a violation of rules. This includes any area inside the track fencing and areas around all field events. This applies from the moment of arrival until they leave. Electronics may be used in team camp areas only.

**Reporting to clerk:** All athletes must report by 2<sup>nd</sup> call or risk being scratched. It is their Responsibility to listen for calls. No athlete will be called who is late in reporting. They must report for each event in which they compete.

**Field Event WarmUps:** Athletes may not warm up, cool down at any field event unless their Coach or the field event official is present. If the coach or official walks away the Athlete must stop warming up or must leave the event area if it completed. This is disqualifiable Offense so it is important that it be followed.



## ENTRY INFORMATION - IMPORTANT

Entry Process: ONLY VIA [WWW.ATHLETIC.NET](http://WWW.ATHLETIC.NET) ONLINE ENTRY SYSTEM

Use the support option within the program if you need help with the online entry system.

**DO NOT WAIT UNTIL THE LAST MINUTE TO START THIS PROCESS. START EARLY!**

**YOU CAN MAKE CHANGES TO NAMES/EVENTS/MARKS/TIMES UNTIL THE DEADLINE.**

- For your alternates please enter them with NO TIME/NO MARK and DO CHECK the Alt box.
- Entry limits: 2 entries per individual event with 1 designated alternate 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.
- Help us prepare the best meet for you by getting things done by deadlines and sending any known scratches via email ahead of time.

IMPORTANT MEET DEADLINES	
Coaches submit entries online via Athletic.net online entry <a href="http://www.athletic.net">www.athletic.net</a>	11:59pm – Thursday, May 6 <sup>th</sup>
Entry/Performance List Posted (if all entries in) to <a href="http://www.alphatiming.net">www.alphatiming.net</a> Under Event Info	2pm – Thursday, May 6 <sup>th</sup>
Coaches' Corrections (missing athletes etc, not time/mark updates) Due By or stands as is after	10am – Friday, May 7 <sup>th</sup>
Heat Sheets Posted to <a href="http://www.alphatiming.net">www.alphatiming.net</a> under EVENT INFO	3pm – Monday, May 10 <sup>th</sup>
Meet Day early scratches w/replacements Due	1:30 pm – Tuesday, May 11 <sup>th</sup>
Meet/Final scratches due by	5:00 pm – Tuesday, May 11 <sup>th</sup>

**[www.alphatiming.net](http://www.alphatiming.net) will be your meet resource to find meet info, heat sheets and results.**

IHSAA Sectional rules will govern unless otherwise noted in this information.

**Questions & Scratches: [michelle@alphatiming.net](mailto:michelle@alphatiming.net)**