

2021 Mike Holman LC Invitational

May 7, 2021

Host: Lawrence Central High School 7300 East 56th Street Indianapolis, 46226

Participating schools: Lawrence Central, Ben Davis, Barr Reeve (girls), Gary West (boys), Warren Central, Chatard, Shelbyville, New Albany (boys) Floyd Central (boys)

Entry Fee/gender: \$125/ Gender

Admission: \$8.00 per person Ticket link will be emailed to Athletic Directors closer to event.

Entries: Entries will be made on Athletic.net ONLY, see page 3 for instructions. Be sure to read all of the information fully in advance. A live link will be emailed to head coaches within 10 days of the meet.

- Three entrants per event will be permitted, BUT only above minimum requirements. (Field events)
- This is with the understanding this is a higher level meet. We would like this meet to be about **elite** performances. Starting heights should be closely considered before entering someone who may struggle.
- ONLY SCRATCHES WILL BE ALLOWED THE day of the meet. No replacements.

Starting Heights: High Jump 4'8" (w) 5'8" (m) (enter only 2 if 3 not above standard)
Pole Vault 8'0" (w) 9'0" (m) (enter only 2 if 3 not above standard)
3 throws/long jump, top 5 to finals for 3 more (enter only 2, if not above standard)
Minimum Distance after first throw, jump in effect
Long Jump (w) 15', 19'6" (m) (enter only 2, if 3 not above standard)
Shot Put (w) 34'6", 42' (m) (enter only 2 if 3 not above standard)
Discus (w) 105' 120' (m) (enter only 2 if not above standard)

Scoring: 8 team invite: 10-8-6-5-4-3-2-1

Awards: A team trophy will be presented to the winning team. Top 3 finishers in the Mike Holman LC invite will receive medals.

Team camps: **Team camps will be placed around the outside of turn 2 and turn 4**
Please keep your athletes within your own group as much as possible.
Face masks are required at all times the athlete is not competing.
Please keep your teams to themselves (as much as is possible)

Time Schedule:

Coaches Meeting	5:00 pm
Field Events	5:30 pm
Running Event Trials	5:40 pm
Opening Ceremonies	6:05 pm
4x8 Relay	6:10 pm

- As this is a Friday night meet, with 2 genders, and schools from across the state cooperation and pre-planning among all competing schools will be important, starters, clerks, field event workers....critical.

Warmups: Across 56th street (use crosswalk) at Belzer middle school track that can be used for warmup. There is no public address system for alerting athlete to report to event.

General Meet Flow & Field Event Procedures:

- Checking out for another event **cannot** occur (without raising the bars) with 24 athletes in a field event and one pit for HJ, PV. An athlete may speak to the event judge and be moved to the front/back of the rotation if they have to report to a race. Following the conclusion of that race the athlete will be granted 5 minutes of recovery time before their next attempt is initiated. Once again, for full understanding, we will not wait at all for any athlete to raise the bar, we will not scratch them, but the bar will continue to raise. A 30 second clock will be used on all field event trials until finals, or 3 competitors left at the competition site.
- Runways/rings open 1 hour before competition time, a coach has to supervise all warmups at the field event at all times.
- Field event attempts must be taken 30 seconds after officials announces “ready” after pit raked, measurers ready (throws) or standards placed (vault)
- **Trials to finals:** **We will take the top 5** to the finals, TIME ALLOWED between trials and finals **5 minutes** (preparation and knowing if you might make finals)
- 2ND GENDER to participate in a field event, will have 15 minutes of runway/ring warmup only (that may mean 1-2 throws, or jumps....Necessitates measure and marking steps BEFORE other gender, and warmup up off of the runway, apron, or ring. No exceptions: avoid frustration!
- Trials to finals sprints: Top 2 + next 4 total of 8 lanes
- **NO ELECTRONICS** are allowed anywhere around field events or on the track or infield. Leave all electronics in your team camp outside the fence. This is a safety issue and is a NFHS/IHSAA rule.
- **CLERKING/STAGING AREA:** Mr. **Dan Rickelman** will be our clerk. Dan does a great job with our impossible events at UINDY. This one should be smooth.
- **All RACES** will stage behind the 100m START area on the track extension, from there, **Mr. Rickelman** will release a race at a time to the proper start line.
- Athletes for running events **MUST** check in by second call to obtain their hip number. Be sure you talk to your athletes about placing the hip properly where it can be seen, not covered by shirts, not on front of thigh, etc.
- Any athlete who fails to report shall be scratched from the event and all further events in the meet, as per IHSAA rules.
- Athletes must be prepared to compete, sweats off, etc by **THIRD** call. This means event is ready to begin within 1 minute or so.
- After athletes finish their event they must clear the area asap and return to their team camp area. After a running event they **SHOULD NOT** turn around to cross back over the finish line, they should continue forward to exit the track to either the inside or outside.

BE SURE TO READ THE ENTRY INFO ON THE FOLLOWING PAGE VERY CAREFULLY!

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

Questions: please email timrichey@msdlt.k12.in.us, ryanbanas@msdlt.k12.in.us

[Meet Coordinator: Michelle Nolley, Alpha Timing, michelle@alphatiming.net or 317-403-8594](#)

www.alphatiming.net is where you can also find this meet info posted at any time under EVENT INFO

[BE SURE TO CHECK YOUR EMAIL AND SPAM OFTEN FOR EMAILS FROM ALPHA VIA ATHLETIC.NET](#)



ENTRY INFORMATION - IMPORTANT

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 enter them with NO TIME/NO MARK but DO CHECK the Alt box. NOTE: I cannot see your designated alts in the download, I have to guess unless you use the NT/NM for them so it is on you to check these on the perf lists when posted and notify of changes by the Coaches Correction deadline.
- See event entry limits on prior page.
- 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 on next page.
- 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 3
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	2pm –Tuesday, May 4
Coaches' Corrections (missing athletes etc, not time/mark updates) Due	Noon – Wednesday, May 5
Heat Sheets Posted to www.alphatiming.net/EventInfo	3pm – Thursday, May 6
Meet Day early scratches w/replacements Due via email: michelle@alphatiming.net	2:00 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.

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.

NEW IHSAA RULE FOR 2019, please read and be aware of this rule, especially since we missed last season using it.

✓ **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.