

SOUTHMONT SCHOOLS ATHLETIC DEPARTMENT

Home of the Mounties

One Team One Goal

HS Athletic Director Aaron Charles
JH Athletic Director Erin Blaydes
Athletic Secretary Jane Coudret



2022 Sagamore Conference Track & Field Championships May 13, 2022

Rain Date

- May 14, 2022 at 10:00am

Admission

- \$6.00.
- Online Prior at <https://public.eventlink.com/tickets?t=13414&p=22214>.
- We will take Cash only at the gate. We will have two gates to get spectators in.
- Credit Cards will not be accepted at the gate. Use credit card prior to arrival.

Timeline

- 4:00 to 4:45pm Check in and pick up numbers at finish line.
- 4:00 to 4:45pm Report Scratches to Alpha Timing at finish line.
- 5:00pm Coaches Meeting in Athletic Commons (Door #24)
 - Only meet officials, head coaches, and alpha timing at coaches meeting please.
- 5:30pm Field Events
- 6:05pm 4x800M Relay Finals
- 6:30pm Timed Trials (100M/110HH/100H/200M)
- 15-Minutes after conclusion of timed trials we will start the finals

Meet Director

- Aaron Charles

Announcer

- Brad Case

Officials

- Ed Stuffle – Head Starter
- Deb Steffy – Assistant Starter

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Concessions/Restrooms

- Located on the south end of the stadium.

Locker Rooms

- We will have locker rooms available for athletes. Southmont is not responsible for lost or stolen items so have athletes keep all belongings with them at team camp sites.
- Girls Locker Room #26
- Boys Locker Room #25

Entries from Alpha Timing

- Due by Tuesday, May 10 at 10:00am
- Entries done via www.athletic.net.
- COACHES... YOU MUST REGISTER YOURSELF AND YOUR TEAM. IF YOU ARE A NEW COACH ASK THE OLD COACH IF THEY WILL LOG IN AND ADD YOU THEN REMOVE THEMSELVES OR CREATE YOUR ACCOUNT AND EMAIL SUPPORT. TO ADD YOU AS A COACH, IT CAN TAKE UP TO 24-36 HRS. 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 does count as an event; up to 4 events per athlete.**
- **Enter your alternates with NO TIME/NO MARK AND put ALT in the thought/Note box and save that note. List times/marks for those you are declaring to compete.**
- 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.

Scratches from Alpha Timing

- Email Michelle@alpahtiming.net with any known scratches/replacements by 12pm on May 13.
- See Alpha Timing right away when you arrive with any additional scratches day of the meet.
- Speed things up by emailing those you know ahead of time.

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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 2nd call or risk being scratched. It is their responsibility to listen for calls. Failure to report will result in being scratched from the event.
- No athlete will be called who is late in reporting.
- Athletes must report for each event in which they compete.
- The Clerk will be stationed by the 100M start line in the north end-zone.

Team Camps

- No team camps in the infield area.
- Team camps will in the east bleachers as well on the football practice fields. Tents can be set up on the football practice fields.

Field Event Workers Assignments

- High Jump – Southmont (three workers)
- Long Jump – Frankfort and Lebanon (two workers each school)
- Discus – Crawfordsville and North Montgomery (two workers each school)
- Shot Put – Tri-West and Western Boone (two workers each school)
- Pole Vault – Charles Lucas (IHSAA Official) and Danville (two workers)
- Please make sure each school provides the correct number of workers so we can start the meet on time. Workers should pick up material at clerk tent after the conclusion of the coaches/official meeting at approximately 5:20pm.

Running Events (Girls first followed by Boys)

4x800 M Relay	Finals (6:00 start)
100 M Dash	Prelims (6:30 start)
100 M Hurdles	Prelims
110 M Hurdles	Prelims
200 M Dash	Prelims

15-Minute Break (National Anthem Prior to 100M Hurdles)

100 M Hurdles	Finals
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HIGH SCHOOL – 6425 US 231 South, Crawfordsville, IN 47933 • (765)866-1144 Fax (765)866-2044

JUNIOR HIGH – 6460 US 231 South, Crawfordsville, IN 47933 • (765)866-2023 Fax (765)866-2045

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110	M Hurdles	Finals
100	M Dash	Finals
1600	M Run	Finals
4x100	M Relay	Finals
400	M Dash (2-heats)	Finals
300	M Hurdles (2-heats)	Finals
800	M Run	Finals
200	M Dash	Finals
3200	M Run	Finals
4x400	M Relay	Finals

- ¼” pyramid spikes only.
- We will have some starting blocks but highly suggest you bring your own. Make sure your school name is on your starting blocks.
- Advancement from prelims to finals will be the top 2 in each heat + the next best times to a final of 8.
- When reporting athletes will be assigned a HIP number based on the lane they compete in in that event.
- They must affix this number prior to the start of the race to their HIP, not the front of their leg or back of their leg.
- This number must be visible to the camera at the finish of the race.
- It will be announced in coaches meeting right or left hip and the athletes told when they report. Please explain this to them in advance and show them proper placement of the HIP #.
- Instruct your athletes to clear the track after finishing their race so we can continue with the rest race.
- Athletes at no time at all cross back over the finish line after a race.

Field Events

- We are excited to announce that we have spectator seating this year for HJ and PV events. We will have a monitor helping with crossing the track safely to these areas. Once these events are over, we will ask the spectators to leave the area. Spectator seating area is not for athletes to set up camp on.
- Starting heights will be set after all entries are received.
- Coaches may alter the starting heights by unanimous agreement at the coaches meeting.

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High Jump	Girls first	
Pole Vault	Girls first	
Long Jump	Boys first	3 attempts in prelims with top 9 advancing to finals. 3 attempts in finals
Shot Put	Girls first	3 throws in finals with top 9 advancing to finals. 3 throws in finals.
Discus	Boys first	3 throws in finals with top 9 advancing to finals. 3 throws in finals.

- Each school should provide own identifiable shots and discus. Shots and discus shall be weighed and marked to use. Any athlete using an illegal implement shall be disqualified.
- 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 is completed.
- Field Event warm-ups will be end at 5:25pm.
- This is disqualifiable offense so it is important that it be followed.
- Athletes who compete in 2 events at the same time must go back and forth between the two. They must check out with the event official each time, report to the other event, take that attempt, check out and report immediately back to the other event. Rest will be given by the official of the event checking in to. Athletes in the Long Jump, Shot and Discus have the option of taking all or part of their attempts consecutively. They will notify the event official in advance to allow this to happen.

Reminder on Checking In/Out of Events

- Running Events take precedence over Field Events.
- Participants must notify the field event judge that he/she is leaving to report to a running event.
- A participant has ten-minutes after the conclusion of the running event to return to the field event from which he/she was excused from without being penalized.

Additional Meet Information

- Scoring of all events will be 10-8-6-5-4-3-2-1. We will have packet of ribbons for each team.
- Once the meet begins, no scratching an athlete and inserting an alternate.
- IHSAA and NFHS rules will govern the meet unless otherwise noted in this information.

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- Meet/Games committee shall consist of: Starter, Assistant Starter, 1 member of Alpha Timing, and Meet Director. All decisions made will be final.
- Protocol for protest is write it out, give to one of the members of the Meet/Games Committee. They will read, ask any questions if needed and rule. You will be notified of the decision.
- Photo finish is available only to Meet/Games Committee.
- Results will be posted to: www.alphatiming.net under Results.

IMPORTANT ENTRY INFORMATION

Entry Process: ONLY VIA WWW.ATHLETIC.NET ONLINE ENTRY SYSTEM

DO NOT WAIT UNTIL THE LAST MINUTE TO START THIS PROCESS. START EARLY, THINGS MAY COME UP THAT PREVENT YOU FROM GETTING IT DONE LAST MINUTE!

IF YOU ARE A NEW COACH YOU NEED TO CREATE AN ACCOUNT, ASK THE OLD COACH TO LOG IN AND ADD YOU OR EMAIL SUPPORT WITHIN THE PROGRAM ASKING THEM TO ADD YOU, THIS CAN TAKE UP TO 36 HRS.

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

- 2 entries may be listed for each individual event.
- 1 relay per gender/school. You may list up to 6 possible relay participants.
- ENTER your FULL roster into athletic.net so you may use anyone on it if needed meet day.
- Being an alternate counts as an event, up to 4 events per athlete.
- You may only scratch and replace with someone who was downloaded with your entries at the deadline, straight take out and replace method is used. No new names will be added meet day.
- No reseeding unless results in fewer heats.
- Once entry is submitted NO time/mark updates.

IMPORTANT MEET DEADLINES

Coaches submit entries online via Alpha Timing Online Entry http://register.alphatiming.net/	10am – Tuesday, May 10
Performance Lists Posted (if all entries in) to www.alphatiming.net/EventInfo	2pm – Wednesday, May 11
Coaches' Corrections Due BY	10am – Thursday, May 12
Heat Sheets Posted to www.alphatiming.net/EventInfo	2pm – Thursday, May 12
Meet Day/early scratches via email	2:00 pm – Friday, May 13
Meet/Final scratches due to Alpha in person by	4:45pm – Friday, 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.

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.

Alpha Timing support (not entry program help) M-Th 10am-4pm; Friday 10am-2pm.