



Friday, March 8, 2019 Knowling Fieldhouse at Wabash College 5:30pm

Hosted by: Crawfordsville, North Montgomery, and Southmont High Schools

Others competing; Danville, Frankfort, Lebanon, Tri-West Hendricks, and Western Boone

(A qualifying meet for the HSR FINALS)

Use www.Directathletics.com for all event entries

General Information

Entry/Timing/Results questions: michelle@alphantiming.net

Coaches send your cell number and email address now to Michelle@alphantiming.net.

IMPORTANT MEET DEADLINES -please don't miss deadlines	
Coaches submit entries online via Direct Athletics	NOON – Tuesday, March 5 th
Performance Lists Posted (if all entries in) to www.alphantiming.net/EventInfo	3:00 pm – Wednesday, March 6 th
Coaches' Corrections Due	11am – Thursday, March 7 th
Heat Sheets Posted to www.alphantiming.net/EventInfo	3pm – Thursday, March 7 th
Meet Day early scratches w/replacements Due	1:00 pm – Friday, March 8 th
Meet/Final scratches due by (after this time scratches only NO replacements - see info below for more)	4:45 pm – Friday, March 8 th

Scratches please email to michelle@alphantiming.net as soon as known or BY 1:00pm meet day, sending ahead helps us run a smooth meet for you.

www.alphantiming.net will be your meet resource to find meet info, performance lists, heat sheets and results and it is up to coaches to check these as outlined above.

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

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, delaying start times, and adjusting number of field attempts.

Entry Information – Sagamore Conference Indoor Championships

- **ENTRY LIMIT: Four (4) entries per school, per event, for each gender, including relays.**

✓ **ATHLETE ENRTY LIMIT (NEW RULE NFHS Rule 4.2.2) READ CAREFULLY!!!**

<i>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.</i>	
<i>Contestant may officially enter:</i>	
<i>Four Individual events</i>	<i>No relays allowed.</i>
<i>Three Individual events</i>	<i>May be listed on any number of relays but compete in only 1 relay.</i>
<i>Two Individual events</i>	<i>May be listed on any number of relays but compete in only 2 Relays.</i>
<i>One Individual event</i>	<i>May be listed on any number of relays but participate in only 3 relays.</i>
<i>Zero Individual events</i>	<i>May be listed on 4 relays and may compete in 4 relays.</i>

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.

- *Email known scratches to michelle@alphatiming.net prior to 1pm meet day or see Alpha as soon as you arrive to make any scratches with or without replacements, replacements must be registered into the meet in another event, no new name adds less than 24 hours prior to the meet and no replacements after 5pm, only scratches. Replacements have to be in the meet already. No new names added.*
- *Entry Fees: \$5.00 per individual event plus \$20.00 per relay or MAX \$75.00 per team per gender (if both genders enter \$150 Max) Fees will be billed by final results and will be due by Friday, March 17th, mailed/delivered to Southmont HS.*
- *All Sagamore event entries will be through the Direct Athletics web site.*
- *Divisions/Classes are 1, 2, 3 for small schools; 4, 5+ for large schools. Classes determined by your school's football class and can be checked at: www.iatccc.org/hsr*
- *Races will be seeded according to times submitted with entry. Please use probable legitimate marks only for running events. Races will be run worst to best. Advancement to finals will be on time only.*
- *Enter times & names for your relays. Up to 8 per relay.*
- *Coaches are responsible for getting their entry in on time. Coaches are also responsible for checking the PERFORMANCE lists to be sure they entered the correct athletes into the correct events and for reporting mistakes by the time listed in the table on page 1 before seeding takes place and heat sheets are posted. Please don't wait to check these. This helps us run an efficient meet for you. Time/Mark updates are not accepted once Perf Lists are posted.*

Meet Conduct

- *Coaches' and Captains' meeting at 5:00 pm. If your team can not be ready to compete at 5:30 pm do not enter this qualifying meet.*
- *Warm-up may take place outside but please be sure that your shoes are mud free when you return, through the Mud Entrance, to the field house.*
- *A certified athletic trainer will be available during the meet.*
- *Please be considerate of events in progress as you warm-up*
- *Event check-in should take place on the 1st call. Due to the number of entries we will run as quickly as possible thru the order of events. Ask your athletes to please be aware of the order of events schedule. If they are not checked in with the clerk on 1st call, they will not run. They should not walk away once checked in, they must remain close to the clerking area.*
- *Hip numbers will be distributed for photo timing purposes. **DO NOT FOLD, BEND, or TEAR THE #'s!** They should be placed on the left HIP, side of the bottoms or directly on the leg with the entire number visible at all times, shirts must be tucked and stay tucked or place hip on leg, it HAS to be visible at finish.*

- Track events do have priority over the field events.
- *Results will be posted at the meet site, @ alphantiming.net, as well as on Direct Athletics. You will need to declare your Finalist entries, and you should check the Direct Athletics HSR web site to see that your athletes are entered into the Finals. A Finalist performance list is to be posted on their site.*
- *No awards for each event. Just get qualified for the Finals.*
- The first fair effort in the Long Jump and Shot Put will be measured regardless of distance. After the first fair effort, minimum performances must be met to warrant further measuring. Shot Put – Boys 36' and Girls – 23'. Long Jump – Boys 15' and Girls 11'.
- *Athletes are to be in proper uniform at all times while in the area of competition. Do not go to the clerking of an event without being in proper competitive attire with no electronics.*
- When an athlete excuses them self, and checks out, from a field event to compete on the track, they must report back, ready to compete, immediately following the completion of their track event. (5 minutes rest after re-check in to FE if the event leg is 400m or less and 10 minutes if the event leg is 800m or more.)
- Each team entering a 4x800 and/or a DMR, 3200 runners must provide a lap counter for their team competing, they will use a split system and verbally tell runners laps remaining. Counter will be placed near starters to help them as they lap count and tally shall be available for starters to consult if needed. Athletes are responsible for knowing what lap they are on in competition.
- Long Jump will be cafeteria style and open for 75 minutes only. 4 attempts each, no finals.
- *Athletes may not be in competition areas with headphones/media (phone, music devices, iPads, etc), this is anywhere inside of the track, on track level. Please explain this to your athletes in advance.*
- *Crawfordsville, North Montgomery & Southmont will provide all workers.*

Facility General Information/Requests

- *Team Camps should be set-up in the Infield area. Do not leave valuables unattended in the team camp area.*
- *Teams should police their own area, trash containers are available in the Camp area. Please bring a floor cover (tarp) for your Team Camp area and trash bags for your trash.*
- *We will be provide blocks and shots but you can bring your own to use. Not responsible for lost, left behind or stolen equipment teams bring to use.*
- ***WE HAVE BEEN GIVEN CLEARANCE TO WEAR 1/8" and 1/4" PYRAMID SPIKES ON THE RIPPLED SURFACES OF THE FIELD HOUSE. AND SPIKES OTHER THAN 1/8" and 1/4" PYRAMIDS WILL WARRANT EVENT DISQUALIFICATION OF THE ATHLETE.***
- ***FOOD AND DRINK SHOULD NOT BE BROUGHT INTO THE TEAM CAMP AREA.***
- *All running competitors should "Finish straight on" as they complete their event.*
- *In all track oval events where lapping occurs, the finishers should complete their event in lane three (#3), on the final straight-a-way, so as to not cross in front of the lapped runners.*
- *Use only two tape marks in each of the field event approaches. Tape marks should be placed before 5:15 pm. Boy's marks will be on the left, and the girl's marks will be on the right side of the Long Jump runway. The Shot Put sector will be 34.92 degrees.*

HSR State Meet Information

- *FAT performances and field event marks will be forwarded to qualify for the **HSR FINALS**. The top 24 in track, LJ, SP will qualify & the top 18 in HJ & PV. There will be **NO AUTOMATIC** qualifying marks. it is up to you to declare your athletes for the **Finals at Indiana University** using the Direct Athletics web site. It will not be done automatically for you. You will still be responsible to pay the Finals Entry Fees for your qualified athletes that enter the State Finals.*
- *Coaches are responsible for declaring their athletes entry as stated on the HSR website, even if not in the top 24 or 18. Not all athletes in the top 24/18 will declare and the field will be brought to those numbers from those declared.*
- *A separate "Finals Fee" will be required for athletes qualifying for the HSR Finals.*
- *See the IATCC website for more information, instructions and clarifications.*

General Information to share with spectators

- Restrooms/concessions are located in the Foyer area
- **General admission will be \$5.00 for spectators to this event. NO PASSES ACCEPTED.**

Questions should be directed to:

Josh Thompson, North Montgomery, jthompson@nm.k12.in.us or 765-362-5140 x 260

Thank-you for your assistance with the meet !!

Direct Athletics Info - Questions regarding Direct Athletics must be directed to them.

IF YOU DO NOT HAVE AN EXISTING ACCOUNT GO TO:

www.directathletics.com

1. Click on 'New Users Click Here'.
2. On the 'Coaches/athletes' click on 'Create a TEAM account' under New Users.
3. On the 'Create New Team Account' page fill in info and bug continue.
4. Continue until you have your account set-up.

How to Submit Entries - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics.com username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through Direct Athletics.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used Direct Athletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.

- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

All entries must be in by Tuesday, March 5th, at NOON.

(program will lock at this time and you will be unable to enter)

Order of Field Events: 5:30 pm

High Jump Girls then Boys

Long Jump Boys then Girls, 4 attempts each athlete, no finals

Shot Put Boys Trials and Finals, then Girls Trials and Finals

Pole Vault Girls then Boys

Order of Track Events: 5:30 pm Boys then Girls

3200m Run

60 m Hurdle Trials

60 m Dash Trials

4 x 800 m Relay

60 m Hurdle Finals

60 m Dash Finals

4 x 200 m Relay

4 x 400 m Relay

DMR (1200-400-800-1600)

Meet questions should be directed to:

Josh Thompson, N Montgomery, jthompson@nm.k12.in.us or 765-362-5140 x281

Entry/Timing/Results questions: michelle@alphatiming.net

Direct Athletics questions: email Direct Athletics