

Shelby County Boys & Girls Track Meet

Morristown/Southwestern/Triton/Waldron

Hosted by Southwestern HS

Date: Tuesday April 30th

Time: 5:15 PM

Starter: Fred Chase

Clerk: Lawrence O'Neal

Trainer:

Admission: \$5.00, pre-school free, no passes accepted

Concessions: Available throughout the meet

Workers: *Each school will provide 3 workers to be assigned upon arrival. \$25 penalty for each worker not showing up.*

High Jump: Southwestern & Morristown

Discus: Morristown & Southwestern

Shot Put: Triton & Waldron

Long Jump: Triton & Waldron

Timers: 1st Place – Morristown, 2nd Place – Southwestern

Finish Line Help: Triton

Runners: Southwestern and Waldron

Exchange Zones: #1 Timers; #2 Discus Officials; #3 Long Jump Officials

COACHES: please be sure your workers know the rules of the event according to the rule book, not just the way they think it should be or how they've always done it. Also, bring the items needed to run the event, tape measure, clipboards, pencils, pens etc. Rakes and stopwatches will be provided.

COACHES INFORMATION

- This is a seeded meet so you **need to enter times/marks for all competing athletes**. For alternates you can just **enter no time/no mark** and check the Alt box or enter Alt in the box.
- All running events are timed finals.
- 2 entries + 1 alternate per field event; 1 relay per gender, per team with up to 8 names listed. Any 4 of which may compete meet night.
- For any issues with the online entry system please email their support directly. (California time)
- Four attempts for Long jumpers & throwers. No trials. All field events are finals.
- All contestants must wear flat shoes, or shoes with a maximum of ¼ inch spikes.
- The announcer will be making FIRST, SECOND AND THIRD CALLS. On the third call, instructions will be given for each event, and then competition will begin.
- Please encourage your athletes to be prompt in reporting to their events. Athletes should report BY the SECOND CALL by the announcer, to the clerk of the course. Athletes not reporting shall be scratched and will be ineligible for any further events in the meet. Hip numbers will be used so check-in is very important. Hips must be fully visible throughout the entire race.
- We will try and make early contact if weather conditions are not conducive to run the meet. Please make sure we have your correct cell phone number.

- Shots/Discus will NOT be weighed. Any shot/discus used is in the pool and may be used by any other competitor.
- Please be on time to the meet and to the coaches meeting so we may begin on time.

ORDER OF EVENTS 2019 is a boys before girls year so unless otherwise noted boys compete first

4:40 Workers Meeting in the barn

4:45 Coaches meeting in the barn

5:15 Boys Discus

Girls Shot Put

Girls High Jump

Boys Long Jump

Girls Shot Put (FIELD EVENT ROTATION ANNOUNCED AS FIRST Gender FINISHES)

5:40 Announcements and National Anthem

1. 4x800 relay

2. 110m hurdles

3. 100m hurdles

4. 100m

5. 1600m

6. 4x100m relay

7. 400m

8. 300m

9. 800m

10. 200m

11. 3200m

12. 4x400m

IMPORTANT CONTACT INFO:

Brady Days: s: 317-729-5122; c: 765-215-1625; email: bdays@swshelby.k12.in.us

Michelle Nolley: michelle@alphatiming.net (preferred); c: 317-403-8594

Ashley Nolley, Alpha meet day: 317-364-3543 (text preferred)



IMPORTANT ENTRY INFORMATION

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

DO NOT WAIT UNTIL THE LAST MINUTE TO START THIS PROCESS. START EARLY! (IN CASE SOMETHING COMES UP OR YOU NEED HELP FROM SUPPORT {CA TIME})

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

- For your alternates please enter them with NO TIME/NO MARK and type ALT into the note box.
- For your declared competitors please enter a legitimate mark or a probable mark.
- 2 entries + 1 alternate may be listed for each individual event.
- 1 relay per gender/school. You may list up to 8 possible relay participants.
- Being an alternate counts as an event, see new rule on last page but ultimately athletes may only compete in 4 events.
- 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 coaches correction period ends no switches of any kind except to declared alternates. (This does not mean you can declare another alternate, if you change to alternate).

IMPORTANT MEET DEADLINES	
Coaches submit entries online via Athletic.net online entry www.athletic.net	10am – Thursday, April 25
Entry/Performance List Posted (if all entries in) to www.alphatiming.net/EventInfo	Noon –Friday, April 26
Coaches' Corrections (missing athletes etc, not time/mark updates) Due	11am – Monday, April 29
Heat Sheets Posted to www.alphatiming.net/EventInfo	3pm – Monday, April 29
Meet Day early scratches w/replacements Due via email: michelle@alphatiming.net	2:00 pm – Tuesday, April 30
Meet/Final scratches due by (in person to Alpha)	4:45 pm – Tuesday, April 30

- ❖ 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.
- ❖ 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.

✓ **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.