

Big 12 Girls Track & Field Friday, May 8, 2015

Entries: Entries **must be submitted online at Athletic.net by 1:00 on Sunday, May 2th.** See the directions of entering at the end of the letter. Each team will be able to enter 2 girls per open event and 1 team per school in each relay event. This year we will not be having a seeding meeting. A performance list will be sent out Monday May 4th before noon. At that point coaches have a chance to challenge any seed times. There can be no additions at this time, only substitutions with a note from a doctor or school official. Challenges to times will be accepted up to 5:00 pm on Tuesday May 5th. If a time is challenged the coach will have to provide proof of result and if proof cannot be produced then that athlete will be listed as NT (or NM for Field Events). Heat Sheets will be sent out on Wednesday.

Start Times: Field events will begin at 4:30 p.m. Running events will begin at 5:00 p.m with the preliminary races and the finals will begin at 6:00 pm.

Rules: The meet will be conducted in accordance with IHSA rules.

Important: Contestants may only use ¼-inch pyramid spikes. No one will be allowed on the bleachers with track spikes on. **No headphones or other electronic devices will be allowed in the competition area.**

Scoring: 10-8-6-4-2-1

Awards: Medals will be given to the top 6 individuals and relay teams in each event. These may be picked up in the press box after the meet. Results will also be available at the conclusion of the meet.

Admission: Adults and HS Students without ID- \$4.00 HS Students with ID and K-8- \$3.00
Concessions will be provided by the Danville High School Boosters.

Team Camps: If you wish to set up a tent for your team camp, please do so in the grassy field behind the bleachers.

Trainer: A certified/registered trainer will be available for all contestants.

T-Shirts: There will be t-shirts available for purchase. The cost will be \$15. We will be sending out a pre-order sheet this week to make the process quicker.

Big 12 Girls
Track & Field Friday, May 8, 2014
Meet Schedule

4:00 Scratch meeting on the east end of the track in the garage.

ORDER OF EVENTS

4:30 All Field Events

For Long Jump and Triple Jump- you will be limited to 1 ½ hours to complete the event. We will run the long jump first, and the warm-ups and preparation for the triple jump will begin immediately after the long jump concludes. Shot put and discus will run at the same time. We will start with the top flight of the shot put and bottom flight of the discus. In all four of these events the competitors will receive 3 attempts in the prelims. The top 8 competitors will be selected for the finals where they will receive 3 additional attempts. Pole Vault starting height will be 6'0". High Jump starting height will be 4'4". These marks may be adjusted based on the performances of the competitors entered.

5:00 100 Meter Dash - Prelims
100 Meter High Hurdles - Prelims
Heat 1 of 3200 Run, if needed

6:00 start for finals...

6:00 FINALS

3200 Meter Relay
400 Meter Relay
3200 Meter Run
100 Meter High Hurdles
100 Meter Dash
800 Meter Run
800 Meter Relay
400 Meter Dash
300 Meter Low Hurdles
1600 Meter Run
200 Meter Dash
1600 Meter Relay

Restricted Areas: All, spectators, coaches, and contestants who are not competing must remain in the bleachers or with the team camps on the west side of the track. Coaches will be allowed on the track and in the field event areas as long as they do not disrupt the event that is progress.. ***No one will be allowed on the football field except for individuals who are helping run the meet, or coaches with coaching passes. We especially need to keep the start line and finish line areas clear during the meet. We will be having coaches passes that will allow coaches only on the infield.***

Staging Area: All running events except for the 300 meters hurdles and the 200 meter dash will be staged at the southeast end of the track behind the 100 meter dash start line. The 300 meter hurdles and the 200 meter dash will be staged at the start line for those events. **All athletes must pick up a hip number at the table before checking in with the clerk.**

Games Committee: The Games Committee will consist of the meet manager and 4 head coaches to be selected at the coaches meeting before the meet. The Games Committee may have the final say in all matters regarding the interpretation of the rules. Only written protests will be considered by the committee. Judgment calls by officials may not be protested (this includes timing errors).

2015 Work Assignments: To insure that we have enough workers and the meet runs efficiently, each school is needed to provide workers to serve as a timer and/or head field event judge. The assigned schools should provide one adult (assistant coach, knowledgeable parent, or student teacher) to cover the job(s) given.

Restroom and locker room facilities: The restrooms will be open, but we will not have locker room space available for the visiting athletes.

Parking: Available parking spaces will be limited on this day. To maximize the use of the parking spaces in our parking lot, after unloading please have your bus drivers park across Fairchild Street at the football field.

Please contact BJ Luke (Danville AD, Girls Track Coach) @ 217 444-1555, luker@danville.k12.il.us or Chris Dryer (Meet Manager) @ 217 444 3465, dryerc@danville.k12.il.us if you have any questions or concerns regarding the meet.

Girls Big 12 Championships (#242938)

Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	5/8/2015	Host	Danville
Location	Danville HS Danville, IL	Director	Steve Luke
Field Start		Email	lukes@danville.k12.il.us
Track Start		Phone	217-444-1636

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks.

Follow the 4 steps below to get started:

1. [Sign up for a free coach account](#)

(if you do not have one)

Go to: www.athletic.net

Click on '[Sign up](#)' in the upper right-hand corner

Complete the signup wizard

After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

Login to Athletic.net using your email address and password

Click "**Coach Tools**" under the main navigation bar

Click "**Team Home**"

Click "**Add Meet**" above your calendar box

Where it says "Meet ID:" enter **242938** and click **Add**

Review the information and click **Save and Continue >**

You may need to click **Save and Continue >** again

Repeat this process for the rest of your season calendar

*(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "**Next >**" instead of entering your meet ID.)*

Verify that your calendar is correct. Use the Edit button next to meets to make corrections

3. Enter team roster

Click "**Coach Tools**"

Click "**Edit Athletes**"

Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Girls Big 12 Championships

Locate **Girls Big 12 Championships** on your team's main track and field page and click on the meet name

In the blue dropdown, click "**Register Athletes**"

Click on an event name, or athlete name to begin registering

Choose the correct division to enter athlete in

Click "**Save Changes**"

Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.

Tips

Large teams often have each of their coaches sign in to register the athletes they are responsible for.

By printing and faxing your entries, you can use the meet registration feature of Athletic.net even if the host isn't using the site to download entries!