

Holy Apostles 15th Annual Invitational Track Meet May 14th & 15th, 2010

CATHOLIC MEMORIAL H. S.
601 E. College Ave, Waukesha, Wi.

Hello!

Here are the details and entry information for our meet this year.

Cost is \$110 for first team and \$95 for second team.

A school with over 80 athletes can enter two teams with prior approval.

Please make entry fee check, payable to "H.A. Athletic Association", and send to Miles Thompson, 4955 S. Daisy Court, New Berlin, WI 53151.

Entry Deadline: Sunday, May 9th, 2010

Due to the large number of schools invited to the Holy Apostles 15th Annual Invitational Track Meet, we will break from the usual "all day on Saturday format". The meet will be split into a two day format, with the some field events, as well as, a few running events held on Friday evening, 5:00P.M.-8:00 P.M. The rest of the field events will commence Saturday 8:00 A.M. and completion of remaining running events will start at 9:00 A.M. throughout the afternoon.

The meet will be run using TrackMate software and each school will submit their team entries by e-mail. Please read the "TrackMate Entry Procedures 2010" very carefully. Note: You may have to complete two entry files, one for "HA Meet" and one for "HA Cross Country"

Meet Features

- Discus Throw for 7th and 8th grade Boys and Girls. Second year
- 5th grade high jump
- Cross-Country Mile (1600 m) Race, including Boys Team / Girls Team Trophies and medals to top 15 each race.
- All grades, boys and girls may enter the Cross-Country Event.
- Scoring to 6 places
- Ribbons to 8 places
- Participant's ribbon for all.

We will have 2 high jump pits and 2 long jump pits! There are some other things we do to help move the meet along, many of which are described in the points and rules below.

Meet Volunteers:

Volunteers are required from all schools that are either not hosting a meet, or have not invited Holy Apostles to a meet that they are hosting this season. This is a very large meet. We have two sets of timers for most running events in order to keep the time between heats to a minimum. One set of timers' time a heat, and as they are reporting times to the clerk, the second set of timers move into position to time the next heat. We used this method of timing in the past and it worked very well. The number of volunteers required is 1 per each 10 athletes. i.e. 0-10 requires 1 volunteer, 10-20 requires 2, etc. Most volunteer assignments are timing running events and these volunteers should come with stopwatches supplied by their school. Actual time shifts for volunteers will be determined as schools respond with their list of volunteers. I know some people are not comfortable with timing. If they wish, they can request to be assigned to help in other areas - we will be very flexible.

However, entries will not be accepted without committed volunteers.

Please contact Sandy Roback at 262-547-5527 or sroback@wi.rr.com for volunteer information and to make commitments. Remember, the more volunteers we have means less working time per shift and a smoothly run meet. Your help and cooperation is greatly appreciated.

Other points of note to be aware of

- Please provide seed times, even if they are only approximate. Do this especially for the 100 & 200 m events, at least.
- Field events will be staged just like running events. This means athletes will be held in an area, set into groups and order and moved to the area of competition when the area becomes available. When an athlete reports for staging and the competition area is open, the athlete will be sent to take their attempts. This includes the starting height for high jump (the bar will not be raised to the next height until all athletes entered have checked in and made their jump(s) at the first height.
- When athletes hear “first call” for a different event they are currently competing in, they tend to get excited and disrupt the officials. Please LET YOUR ATHLETES KNOW NOT TO GET EXCITED WHEN THEY HEAR 1ST and 2ND CALLS FOR THEIR NEXT EVENT WHEN THEY ARE STILL PARTICIPATING IN AN EVENT! If this happens, have a fellow athlete go to the next event to report he/she is competing in another event and ask how time there is before they have to get to that event.
- PLEASE TELL YOUR ATHLETES TO STAY OFF THE INFIELD GRASS.
- All schools will be **limited to 8 “day of” changes per team** including Friday and Saturday.
- All "day-of" changes MUST be made BEFORE 4:30 P.M. on Friday, and BEFORE 7:45 A.M. on Saturday. Included in this packet is a change form you can fill in ahead of time and turn in before deadlines.
- Athletes cannot be added to a running event the day of the meet.
- Exhibition entries will only be allowed in the 800-meter run.
- We are planning on running two high jump pits.
- We will be running 2 Long Jump pits.
- We will be running two softball areas. Location to be announced
- The staging areas for various events will be announced over the PA system.
- No "day-of" adds or substitutions will be allowed in the following (first day) events:
 - 5th grade girls high jump
 - 5th grade boys softball
 - 6th grade girls High jump
 - 6th grade boys long jump
 - 7th grade girls shot put
 - 7th grade boys high jump
 - 7th grade boys Discus Throw
 - 8th grade girls long jump
 - 8th grade boys long jump

HOWEVER, if you are scratching an athlete OUT of one of the above events, please go to the area of competition and inform the staging official to take them off the list. (That will help a lot to prevent delays!!)

- **Starting heights for High Jump** will be as follows:

| | | | | | | | |
|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 5 th gr | 5 th gr | 6 th gr | 6 th gr | 7 th gr | 7 th gr | 8 th gr | 8 th gr |
| <u>girls</u> | <u>boys</u> | <u>girls</u> | <u>boys</u> | <u>girls</u> | <u>boys</u> | <u>girls</u> | <u>boys</u> |
| 3' 4" | 3' 6" | 3' 6" | 3' 6" | 3' 6" | 3' 8" | 3' 6" | 4' 4" |

MEET AWARDS

The following **SCHOOL** trophies will be presented:

- **First Place Overall Meet**
- **Second Place Overall Meet**
- **Third Place Overall Meet**
- **First Place Boys Team Overall Meet**
- **First Place Girls Team Overall Meet**
- **Second Place Boys Team Overall Meet**
- **Second Place Girls Team Overall Meet**
- **First Place Boys Team Cross Country Race**
- **First Place Girls Team Cross Country Race**
- **Second Place Boys Team Cross Country Race**
- **Second Place Girls Team Cross Country Race**

The following individual awards will be presented:

- **Participant's ribbon to all contestants**
- **First through fourth place in all events except for Cross Country Race.**
- **Gold Medal for 1st place in Cross Country Race (one each for boys & girls)**
- **Silver medal for 2nd place in Cross Country Race (one each for boys & girls)**
- **Bronze medal for 3rd place in Cross Country Race (one each for boys & girls)**
- **Place medals for 4th through 15th place in each Cross Country race**
- **1st place Grade Level medals for Cross Country race (one each 6th, 7th, 8th, / boys and girls (total of 6 awards)**

Individual awards for 1st through 15th (overall) Cross Country race will be presented at the finish line.

Individual awards for 1st place Grade Level in Cross Country race will be distributed with ribbon package at end of meet.

CROSS COUNTRY RACE DETAILS

- There is one boy's race and one girl's race.
- Each competitor will have a pin-on racing bib number, with a tear-off tag on the bottom. Coaches are to write the athletes name on the tag. Note the **GRADE** is on each for distribution of grade medals.
- Each school can enter up to 16 runners in each race. The first four runners across the finish line count toward the school's score.
- Scoring. Team with lowest score wins the CC event. Points are scored for finisher's place in race (1st place scores one point, 2nd scores two, etc.). The lowest score that can be obtained is 10.
- The school team's place in the event counts towards the overall point total for the meet; in a manner that takes in to account this is actually three grades combined. (Team that takes 1st place gets 18 points toward meet score, Team that takes 2nd place gets 12 points, Team that takes 3rd place gets 6 points, Team that takes 4th place gets 3 points.) Boys and Girls races each score a total toward meet score.
- Each school team must have at least 4 runners to qualify for Cross Country team trophy and to have finishing place count toward overall meet score.
- Individuals on teams of less than 4 runners are eligible for the 15 individual place-finishing awards.
- Each team will be assigned one lane at the start. Runners for one team will stand two across in that lane, shoulder to shoulder. This will create a 'box' for each team, being two across the front, and three deep.
- Lane assignment will be by lottery, but teams without at least 4 runners get outside lanes.
- Runners can cut into Lane one after the start as soon as it is **SAFE** to do so. Please caution your athletes to avoid interfering with other athletes else disqualification could result.
- At the finish line, each runner is to remain in the chute, in the order they finished, until the tag from the bottom of their racing bib is handed to the official at the end of the chute, and (for the first 15 finishers and top grade finishers) awards are received.

Any questions, call Miles Thompson at 414-425-7202

