



**WELCOME TO THE  
2017 D-4 DISTRICT TRACK  
MEET**



**Hosted by:**

**Lawrence-Nelson Schools  
at Sandy Creek**



**Wednesday, May 10, 2017  
9:00 a.m.**



## 2017 D-4 District Track Meet

Wednesday, May 10<sup>th</sup>, 2017

Host: Lawrence-Nelson High School

Location: Sandy Creek High School

BDS  
Giltner  
Dorchester

Deshler  
Friend  
Lawrence-Nelson

Exeter-Milligan  
Meridian  
McCool Junction

### 2017 D-4 District Information

Meet Officials:

Meet Director:	Brian Blevins
Meet Starter:	Steve Borer
Meet Referee:	Gregg Holiday
Assistant Referee:	Kevin Miller
Clerk of Start:	Tom Murray
Clerk of Finish:	Gary DeBoer
Jury of Appeals:	Jeremy Borer Jason Searle

Entries: All entries are due by 12:00 p.m. on Friday, May 5<sup>th</sup>. This date should allow for all best times/marks to be accumulated. We will be using Sydex for all meet entries. A Sydex informational sheet is included. A preliminary participation report will be emailed to your Athletic Director on Monday, May 8<sup>th</sup> by 12:00 p.m. No NSAA Website entries required.

Scratch/Add: A final scratch/add meeting will take place at 8:00 am on Wednesday, May 10, prior to meet. By rule, an addition may be made to any event at this time, providing the athlete is already on the district roster and no additional heat is required.

Schedule:

8:00 a.m.	Scratch/Add Meeting (Concession Area)
8:00 a.m.	Equipment Weigh-In (Concession Area)
9:00 a.m.	First Flight Field Events
10:30 a.m.	Second Flight Field Events
12:00 p.m.	First Session Running Events (Prelims)
2:30 p.m.	Second Session Running Events (Finals)

## 2017 D-4 District Information

- Admission:** Adults \$5.00 Students K-12 \$4.00  
All athletes, coaches, administrators, and bus drivers will be admitted free of charge. Please identify yourself at the gate.  
  
-Upon start of running events, 12:00 p.m., no one but Coaches, Athletes, and Meet Personnel allowed inside the fence.
- Entry Fee:** \$40.00 per School per NSAA. Include additional \$15 surcharge for assistant referee if acceptable with your school administration. Refer to email sent on Thursday March 20<sup>th</sup>.  
Make checks payable to:  
Lawrence-Nelson High School  
Attn: Brian Blevins
- Bus Parking:** Busses can park on the East side of the track.
- Concessions:** Concessions will be available starting at 10:00 a.m. The concession stand is located North of the bleachers.
- Restrooms:** Restrooms are also located next to the concession stand North of Bleachers.
- Hospitality:** We will provide tickets to your appropriate personnel for a Meal Deal at Concession Stand. Please indicate ticket number at scratch/add meeting. Hospitality is available for coaches, administrators, meet help, and bus drivers only.
- Team Camps:** Northwest corner of track, just outside of fence on West side.
- Spikes:** 1/8 Inch ONLY! Athletes will be checked prior to races.
- Uniforms:** All NSAA uniform rules will be enforced. All updated uniform regulations can be found on the NSAA Website. Referee will address rules at Scratch/Add Meeting.
- Video:** Video equipment will be used at the finish line to ensure all placing is accurate. Times will all be handheld.
- Scoring/Awards** Scoring will be 10-8-6-4-2-1. Medals for 1-6 place. Champion and Runner-Up Plaques will be awarded at meet conclusion.

## **Running Events: Excerpt from 2017 NSAA Track & Field Manual**

### **Qualifying from Prelims to Finals:**

Class D (Manual Timing)

- When running two heats, qualify the first four runners in each heat.
- When running three heats, the first and second place runners and the two fastest thirds shall qualify for the finals.
- When running four heats you shall qualify first and second.

**Finals Heats based on Place over Time for seeding.**

**Relay Cards are to be turned into clerk of start prior to race.**

## **Field Events: Excerpt from 2017 NSAA Track & Field Manual**

**Shot Put and Discus:** Athletes will be placed in flights, with the best competitors in the last flight. (Flights will have the best performance listed first.) Competitors will each take two consecutive throws. After everyone in the flight has completed the two consecutive throws, each competitor will get one additional throw. Eight individuals shall qualify for the finals. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.

**Long Jump and Triple Jump:** Athletes will be placed in flights with the best competitors in the last flight. Flights will have the best performance listed first. Each competitor will take one jump at a time until everyone in that flight has completed his/her three preliminary jumps. Eight individuals shall qualify for the finals. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.

**Pole Vault and High Jump:** Starting heights should be determined from district entries. Continuing flights of five will be used in the high jump and pole vault, with the best competitors jumping last.

Height progression: The pole vault and high jump will be advanced 6 inches and 2 inches, respectively, until seven competitors or fewer are left in the competition. They will then progress at 4- and 1-inch intervals. State Qualifying mark will be inserted into progression.

**Rule 6-5-5.** Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 6-8-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of  $\frac{3}{4}$  inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand hold band.

The coach shall verify the vaulter will use a pole rated at or above the vaulter's weight and that legal poles have been provided for that competitor. This verification will be done by signing the "Event Entry Card."

Rule 2 Section 2 of the 2017 Track and Field Rules Book shall be followed in determining the scoring of ties.

Rule 6-3 will be used for breaking ties.

## State Qualifying Standards

First two in each individual running event of each district and next two fastest thirds from across the state.

First place relay teams and next five fastest times from across state.

First two in each field event plus all automatic qualifiers from the standards below:

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
High Jump	6'1"	5'0"
Long Jump	20'3"	16'3"
Triple Jump	41'8"	34'7"
Shot	49'9"	37'11"
Discus	140'10"	115'1"
Pole Vault	12'11"	9'11"

## **2017 D-4 District Track Meet**

**Sandy Creek High School**

**Wednesday, May 10, 2017**

### **SCHEDULE OF EVENTS:**

**8:00 AM - Scratch & Add Meeting (Concessions Area)**

**8:00 AM - Implement Weigh-In (Concessions Area)**

<b>9:00 AM</b>	<b>10:30 AM</b>
Girls Pole Vault	Boys Pole Vault
Boys High Jump	Girls High Jump
Boys Long Jump	Girls Long Jump
Girls Triple Jump	Boys Triple Jump
Boys Discus	Girls Discus
Girls Shot Put	Boys Shot Put

### **12:00 PM - Prelims**

Girls 3200 Meter Relay (Final)

Boys 3200 Meter Relay (Final)

Girls 100 Meter High Hurdles (33")

Boys 110 Meter High Hurdles (39")

Girls 100 Meter

Boys 100 Meter

Girls 400 Meter (Final)

Boys 400 Meter (Final)

Girls 3200 Meter Run (Final)

Boys 3200 Meter Run (Final)

Girls 200 Meters

Boys 200 Meters

### **Break - 30 Minutes**

### **2:30 PM - Finals (Approximate)**

**\* Finals will start 30 minutes after conclusion of prelims.**

Girls 100 Meter Hurdle Final (33")

Boys 100 Meter Hurdle Final (39")

Girls 100 Meter Final

Boys 100 Meter Final

Girls 800 Meter Final

Boys 800 Meter Final

Girls 300 Meter Low Hurdle Final (30")

Boys 300 Meter Intermediate Hurdle Final (36")

Girls 200 Meter Final

Boys 200 Meter Final

Girls 1600 Meter Run Final

Boys 1600 Meter Run Final

Girls 400 Meter Relay Final

Boys 400 Meter Relay Final

Girls 1600 Meter Relay Final

Boys 1600 Meter Relay Final

**Champion & Runner-Up Plaques, Team Packets, and Result Printouts available at meet conclusion.**

## **2017 D-4 District Track Meet**

**May 10, 2017**

**Sandy Creek High School**

**Entries:** This year we will be using the online software Sydex to run the D-4 District Track Meet. Please use the link below to upload your roster and entries for the District Meet hosted by Lawrence-Nelson on May 10th. Please have entries emailed to me by 12:00 PM on Friday, May 5<sup>th</sup>. I will email preliminary entries on Monday by 12:00 PM to School AD's. If you know of a Scratch/Add ahead of Wednesday, please email me the information. There will be a scratch and add meeting on the day of the meet at 8:00 AM. Additional adds can be made as long as by doing so, no additional heat is required. If you are having any problems, I have listed the steps below, as well as provided an additional link that offers a tutorial of how to upload your team information. Thank you for your cooperation and we look forward to seeing you on May 10<sup>th</sup>.

**Sydex Site:** <http://sydexsports.com/html/trwebmain.htm>  
Click on "Roster Set Up/Sent Entries to a Meet"

**Tutorial:** <http://sydexsports.com/>  
Click on "Online Entries for Attending Coach (Video Tutorial)"

**Directions:**

1. Go to the above website, <http://sydexsports.com/html/trwebmain.htm>, and click on "Roster Set Up/Sent Entries to a Meet"
2. Click "Register as new user"
3. Create an account
4. Enter team information
5. Select D-4 District Meet, find by searching date
6. Enter both your boys and girls roster; there is a separate section for both, when complete save information.
7. To add athlete to event, click "Add/Change Event Entries"
8. You will then go through each event and add your athletes and their marks/times.
9. When completed, click "Confirm Entries and Return to Previous Screen"
10. When completed with both boys and girls, click "Email Your Entries to Host"

**Brian Blevins:** [bblevins@southcentralunified.org](mailto:bblevins@southcentralunified.org)