

2017 JH DRAGON INVITATIONAL TRACK MEET

Thursday, April 20, 2017

9:30 A.M. Coaches scratch meeting in the concession stand on the North Side of the track. Please be on time so we can get started promptly. This is a scratch and add meeting. You may not add a competitor unless you scratch. We will attempt to stay on schedule. We will make adjustments where necessary.

Field Event Schedule

10:00 A.M. Girls Shot Put followed by boys
Boys Discus followed by girls
Boys High Jump followed by the girls
Girls Long Jump followed by the boys
Boys Triple Jump followed by girls
Girls Pole Vault followed by boys

Running Event Schedule

12:00 P.M. Running Events- Girls will precede the boys

300 Low Hurdles	(Girls 30"/ Boys 33")	Finals
1200 Meter Run		Finals
100 Meter Dash		Finals
400 Meter Dash		Finals
Girls 100 Meter Low Hurdles	(30")	Finals
Boys 110 Meter Int. Hurdles	(36")	Finals
800 Meter Dash		Finals
200 Meter Dash		Finals
400 Meter Relay		Finals
1600 Meter Relay		Finals

***All running events will be finals against time.



Dragon Invitational Online Entry Instructions (#302511)

Date 4/20/2017 **Host** Deshler
Location Deshler Public Schools **Director** Shannon LeFave
Deshler, NE 68340 **Email** shannon.lefave@deshlerdragons.org
Field Start 10:00 AM **Phone** 402-365-7272
Track Start 12:00 PM

Athlete Registration will be locked on 4/19/2017 at 7:00 PM (local time)

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

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 common 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 **'Log In'** in the upper right-hand corner, and then click **'Sign Up'** on the bottom of that screen.
- ◆ Complete the signup wizard
- ◆ After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- ◆ **Log In** to Athletic.net
- ◆ Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- ◆ Click **"Add a Meet"** in your calendar box
- ◆ Where it says "Meet ID:" enter **302511** and click **Add**
- ◆ 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. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- ◆ Open the side menu by clicking on your name.
- ◆ Click on your team and then click **"Edit Athletes"** from the list of links for your team.
- ◆ Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Dragon Invitational

- ◆ Locate **Dragon Invitational** on your team's main Track & Field page and click on the meet name.
- ◆ Click **"Register Athletes"**
- ◆ Click on an event name, or athlete name to begin registering
- ◆ Choose the correct division to enter athlete in
- ◆ Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- ◆ Use the **"Add an Athlete"** buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

Tips

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