

## **Entry Process**

Limit 4 in all field events and 100m Dash  
Limit 2 in Hurdles, 200, 400 & Relays  
Unlimited entries in 1600m Run & 800m Run

**All teams are required to use the online entry process via <http://www.runnercard.com/e/runner.Main?meet=3292>**

(Each team will be setup with a unique password and user ID. This will permit a very efficient registration process that is easy to use. Please enter your entire roster on the website. This permits for easier changes later. **Teams will have until midnight Tuesday, April 12, 2011** to complete registration.

Immediately after registering online, teams are asked to print a receipt from the website, which will produce a list of all athletes registered for the meet. This will serve as your proof of whom you registered for the meet.

**Entry Fee: \$100.00 – Please send in your check as soon as possible if you haven't already.**

## **Coaches Meeting/Check-In**

A coaches meeting will be held at 8:30 AM near the finish line. All head coaches are requested to be present. A packet will be provided for each team consisting of team roster and events entered. In an attempt to make the meet flow efficiently, we ask that you identify your scratches as soon as you arrive. You will not be allowed to add athletes, only scratches at this time. No changes are allowed after the scratch meeting.

## **Awards**

In individual events and relays, medals will be given to 1<sup>st</sup> -3<sup>rd</sup> place, ribbons will be given to participants who finish 4<sup>th</sup> - 6<sup>th</sup> place. Coaches can pick up awards for their entire team at the completion of the meet.

Scoring: 10-8-6-4-2-1 for both relays and individual events.

## **Facility**

The track at **Central Catholic High School (1201 Airport Rd. Bloomington)** has an all-weather surface and 8-lanes. Only 1/4" or smaller pyramid spikes are allowed. No radios, glass containers, or alcoholic beverages are allowed in the facility. Smoking is not permitted in the stadium.

## **Track Guidelines/Tents**

Only athletes competing in the event should be on the track. Other participants should be in the stands or designated tent areas. **All participants should stay off the football field at all times.**

Areas will be designated for the placement of team tents.

## **Equipment**

Starting blocks will be provided. Throwers may bring their own implements for practice. Implements will be provided for the throws during competition. Pole Vaulters must bring their own poles and will be checked in before warm ups.

## **Refreshments**

A Full Service Concession Stand will be provided.

## **Admission**

\$3.00 for Adults  
\$1.00 for K-12 Students and Seniors (62+)

## **Field Event Information**

### **Long Jump**

Runway will be open for warm ups at 8:30  
4 Trial Jumps; No Finals

### **Shot Put/Discus**

Warm Ups begin at 8:30  
4 Trial Throws; No Finals

### **High Jump**

Warm Ups begin at 8:30  
Starting Height based on lowest seed.

### **Pole Vault**

Runway will be open for warm ups at 8:30  
Starting Height based on lowest seed.

## **EXCHANGE JUDGES/EVENT OFFICIALS**

Coaches of all participating teams will be asked to provide the following:

- Relay exchange zone judges (3 for the 4x100, 2 for the 4x200, and 1 for the 4x400).
- Coaches or assistant coaches to work a 2-hour shift at each event. The coaches will officiate their assigned event. Volunteers from Epiphany will be assigned to work each event.

Epiphany's coaches will staff the first shift of every event and all other schools are asked to help with the remaining shifts.

Participating schools should signup for the exchange judge and event official positions prior to the meet by using this online signup system: <http://www.signupgenius.com/go/epiphany17> (Ctrl+click to follow link). Coaches will need to scroll to the bottom of the list to see the volunteer spots that are to be filled by coaches.

Spots that are not filled in advance will be assigned at the coaches meeting on the morning of the meet.

## **EVENT SCHEDULE**

**GIRLS HURDLES START AT 9:00**

**BOYS FIELD EVENTS START AT 9:00AM**

**TRACK EVENTS WILL FOLLOW THE COMPLETION OF HURDLES**

**ALL EVENTS FINAL—NO PRELIMS**

**Girls will complete Track events first while boys are conducting Field events**

100m Dash  
1600m Run  
4X200m Relay  
4X100m Relay  
400m Dash  
200m Dash  
800m Run  
4X400m Relay