



10-Day Indoor Track Meet

Monday, March 8, 2010

General Information

Beginning in 2010 we will have a \$20 per school, entry fee for this competition.

1. Coaches' and Captains' meeting at 4:45 pm.
2. Warm-up may take place outside but please be sure that your shoes are mud free when you return to the field house.
3. Restrooms are located in the Foyer area.
4. Team Camps should be set-up in the Foyer area. Do not leave valuables unattended in the team camp area.
5. Teams should police their own area, trash containers are available in the Foyer area.
6. Do not use your own starting blocks. We will be provide blocks for the 43 y races only.
7. Issue numbers to the distance runners and long jumpers, to pin on the front of their singlet.
8. **NO SPIKED SHOES ARE PERMITTED ANYWHERE IN THE FIELD HOUSE. DO NOT BRING THEM TO THE MEET !**
9. **NO FOOD OR DRINK IS TO BE BROUGHT INTO THE FIELD HOUSE.**
10. A certified athletic trainer will be available during the meet.
11. Please be considerate of events in progress as you warm-up.
12. Concessions are available in the foyer area.
13. 10-Day Indoor Track Meet souvenir t-shirts will not be available in the concessions area, but may be ordered for mail delivery.
14. Due to the number of entries and this being a school night, we will run as quickly as possible thru the order of events. Ask your athletes to please be aware of the order of events schedule.
15. Running event check-in should take place NO LATER than the 2nd call. Hip numbers may be distributed for photo timing purposes. Please place this number on the LEFT shorts area.
16. All running competitors should "Finish straight on" as they complete their event.
17. In all track oval events where lapping occurs, the finishers should complete their event in lane three (3), on the final straight-a-way, so as to not cross in front of the lapped runners.
18. Track events do have priority over the field events.
19. Results will be posted, and copied for team distribution, as soon as possible.
20. Use only masking tape for check marks in the field events.
21. Please use the meet provided markers for the relay zone take-off positions.
22. The Shot Put sector will be 34.92 degrees wide.
23. **This meet is now a field event qualifier for the HSR Indoor Championships** to be held at Purdue University. **All 10-Day Track Meet field and running event entries will be through the Direct Athletics web site beginning in 2010.** Friday, March 5 at 4:00 pm, is the deadline. All running entries should be returned on the form provided to you.

Thank-you for your assistance with the meet !!

**6th ANNUAL INDOOR
10-DAY TRACK MEET
MONDAY, MARCH 8, 2010
At North Montgomery High School
5:15 pm**

Danville, Indianapolis Manual, Carroll, and North Montgomery High Schools
(All competitors must have 10 days of practice prior to the date of competition.
No five (5) day swimmers or basketball players. They need ten (10) days as well.)

5:15 pm	High Jump	G,B	Co-ed, Start at 3'10", raise 2" for each new height until there are three competitors left, then 1" to decide the event winner. (Boys should enter at what ever height they feel comfortable.)
	Long Jump	B,G	Cafeteria competition, 3 jumps. (1 meter board)
	Shot Put	B,G	Seeded flights of 8 - 12, 3 throws. (1 circle)
	Pole Vault	G,B	Co-ed, Start at 5'0", raise 6" for each new height to decide the event winner. The final jumper may select the bar height. (Boys should enter at whatever height they feel comfortable.)

The indoor facility consists of a **1/12th Mile 4-lane oval.**

All running events will be contested; **Boys, then girls; fastest first.**

We may run as many as 5 sections of each individual event, both boys and girls.

		Sections ??	
5:15 pm	4 x 880 y relay	B-1, G-1	1-turn stagger, in lanes
	43 y High Hurdles	B-2, G-1	In lanes with starting blocks
	43 y Dash	B-4, G-4	In lanes with starting blocks
	4 x 294 y Relay	B-1, G-1	2-turn stagger, in lanes
	Mile Run	B-1, G-1	2-turn stagger, double waterfall
	4 x 147 y Relay	B-2, G-1	2-turn stagger, in lanes (USE Accel)
	440 y Dash	B-4, G-2	2-turn stagger, in lanes
	147 y Int/Low Hurd	B-2, G-1	2-turn stagger, in lanes
	880 y Run	B-2, G-2	2-turn stagger, double waterfall
	147 y Dash	B-3, G-3	2-turn stagger, in lanes
	4 x 440 y Relay	B-1, G-1	2-turn stagger, in lanes

NO SPIKE SHOES ARE PERMITTED FOR USE, FOR ANY REASON!!

Team Camps will be set up in the Foyer Area. Do not leave valuables unattended. We will not be responsible for lost articles . **No food or drink is permitted in the field house.** However, a full concessions area will be available, but items must be consumed in the Foyer Team Camp Area.