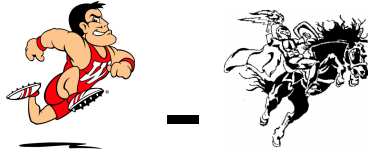


LITTLE GIANT-CHARGER INDOOR TRACK MEET
TUESDAY, MARCH 9, 2010 5:15 pm
Run at **WABASH COLLEGE**, Knowing Field House



hosted by **North Montgomery High School**
(A qualifying meet for the HSR FINALS)

Use www.Directathletics.com for all event entries beginning in 2010

GENERAL INFORMATION

We wish all further communication to be by email. Send your contact address now.

1. Coaches' and Captains' meeting at 4:45 pm. If your team can not be ready to compete at 5:15 pm do not enter this qualifying meet.
2. Warm-up may take place outside but please be sure that your shoes are mud free when you return, through the Mud Entrance, to the field house.
3. Restrooms are located in the Foyer area.
4. Team Camps should be set-up in the Infield area. Do not leave valuables unattended in the team camp area.
5. Teams should police their own area, trash containers are available in the Camp area. Please bring a floor cover (tarp) for your Team Camp area.
6. **We will be provide blocks and shots. Leave yours at home !**
7. Issue numbers to the distance runners and long jumpers, to pin on the front of their singlet.
8. **WE HAVE BEEN GIVEN CLEARANCE TO WEAR 1/8" PYRAMID SPIKES ON THE RIPPLED SURFACES OF THE FIELD HOUSE. NO SPIKES MAY BE WORN ON THE INFIELD AND SPIKES OTHER THAN 1/8" PYRAMIDS WILL WARRANT EVENT DISQUALIFICATION OF THE ATHLETE.**
9. **FOOD AND DRINK SHOULD NOT BE BROUGHT INTO THE TEAM CAMP AREA.**
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. 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. If they are not checked in with the clerk on 1st call, they will not run.
14. Event check-in should take place on the 1st call. Hip numbers may be distributed for photo timing purposes. Please place this number on the LEFT shorts area and not on the skin. Bib #'s are to be worn on the singlet for shot, and long jump. **DO NOT FOLD, BEND, or TEAR THE BIB #'s !**
15. All running competitors should "Finish straight on" as they complete their event.
16. 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.

17. Track events do have priority over the field events.
18. Results will be posted at the meet site and on our web site, as well as on Direct Athletics. You will need to declare your Finalist entries, and you should check the Direct Athletics HSR web site to see that your athletes are entered into the Finals. A Finalist performance list is to be posted on their site.
19. Use only two tape marks in each of the field event approaches. Tape marks should be placed before 5:15 pm. Boy's marks will be on the left, and the girl's marks will be on the right side of the Long Jump runway. The Shot Put sector will be 34.92 degrees.
20. **Entry Fee for this meet** will be **\$75 boys, \$75 girls, or \$150 maximum, due by Friday, February 26.** Make checks payable to: **North Montgomery High School. We are limited to fifteen schools. (30 teams)**
21. Two (2) entries per school, per event, for each gender.
22. Awards for each event (1A-3A) and (4A-5A) Class Champion.
23. **Each school will be asked to supply two knowledgeable workers.**
24. FAT performances and field event marks will be forwarded to qualify for the HSR FINALS to be held on Saturday, March 20, 2010. There will be AUTOMATIC qualifying marks, see the IATCCC website for these new marks for the 2010 Finals. When you achieve these marks, it is up to you to declare your athletes for the Finals at P.U. – West Lafayette using the Direct Athletics web site. It will not be done automatically for you. You will still be responsible to pay the Finals Entry Fees for your qualified athletes that enter the State Finals.
25. The first fair effort in the Long Jump and Shot Put will be measured regardless of distance. After the first fair effort, minimum performances must be met to warrant further measuring. Shot Put – Boys 40' and Girls – 28'. Long Jump – Boys 17' and Girls 13'.
26. Athletes are to be in proper uniform at all times while in the area of competition. Do not go to the clerking of an event without being in proper competitive attire.
27. When an athlete excuses them self, and checks out, from a field event to compete on the track, they must report back, ready to compete, following the completion of their track event. (5 minutes if the event leg is 400m or less and 10 minutes if the event leg is 800m or more.)
28. General admission will be \$4.00 for spectators to this event.
29. A full concessions area will be available.
30. A separate "Finals Fee" will be required for athletes qualifying for the HSR Finals.
31. **All Little Giant-Charger event entries will be through the Direct Athletics web site. All entries must be in by Friday, March 5 at 4:00 pm**

Any questions can be answered by:

Ed Stuffle, Track and Field Coach
North Montgomery High School
5945 US 231 North
Crawfordsville IN 47933
765-362-5140, ext. 281
FAX 765-362-6710
estuffle@nm.k12.in.us

Thank-you for your assistance with the meet !!

Athletes should report on 1st call to the event clerk for final check-in.

5:15 pm	High Jump	G,B	Co-ed, Start at 4'6", raise 2" for each new height until there are three competitors left, then 1" to decide the event winner. (Boys may enter at 5'6".)
clock	Long Jump	B,G	Cafeteria competition, 3 jumps. (1 meter board) 75 minute
clock	Shot Put	B,G	Cafeteria competition, 3 throws. (1 circle, 34.92 deg.) 75 min.
	Pole Vault	G,B	Co-ed, Start at 7'0", raise 6" for each new height Until there are three competitors left, then 3" to Decide the event winner. (Boys should enter at 10'0".)

The indoor facility consists of a **200 m, 6-lane oval**.
All running events will be contested; **Boys, then girls.**

We will run as many sections of each individual event as needed. No entries at meet site.

		Sections ??	
5:15 pm	55 m High Hurdles	B-?, G-?	In lanes with starting blocks
	3200 m Run	B-1, G-1	2-turn stagger, double waterfall
	55 m Dash	B-?, G-?	In lanes with starting blocks
	DMR (12-4-8-16)	B-?, G-?	1-turn stagger, box alley
	4 x 200 m Relay	B-?, G-?	2-turn stagger, in lanes (No fly zone)
	4 x 800 m Relay	B-?, G-?	1-turn stagger
	4 x 400 m Relay	B-?, G-?	2-turn stagger, in lanes

ONLY 1/8" PYRAMID SPIKES WILL BE ALLOWED IN FIELD EVENTS !! OTHERS WILL BE DQ'd

ONLY 1/8" PYRAMID SPIKES WILL BE ALLOWED IN TRACK EVENTS !! OTHERS WILL BE DQ'd

Team Camps will be set up in the Infield Area. Do not leave valuables unattended. We will not responsible for lost articles .

A full concessions area will be available, but items should be consumed in the Foyer Area.

PLEASE clean-up your team camp area before your team leaves the meet.