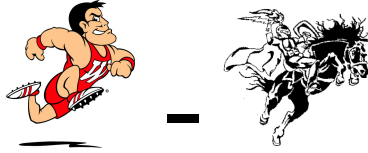


LITTLE GIANT-CHARGER INDOOR TRACK MEET  
**HSR Qualifier**  
**TUESDAY, MARCH 6, 2012; 5:15 pm**  
Run at **WABASH COLLEGE**, Knowing Field House



**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 provide blocks and shots. Leave yours at home !**
7. Issue #'s to the 3200, shot putters and long jumpers, to place on the front of their singlet. Run event #'s will be placed on the left shorts hip.
8. **WE HAVE BEEN GIVEN CLEARANCE TO WEAR 1/8" and 1/4" PYRAMID SPIKES ON THE RIPPLED SURFACES OF THE FIELD HOUSE. AND SPIKES OTHER THAN 1/8" and 1/4" 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 1<sup>st</sup> call, they will not run.
14. Event check-in should take place on the 1st call. Hip numbers will be distributed for photo timing purposes. **DO NOT FOLD, BEND, or TEAR THE #'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 and a contract for this meet will be \$80 boys, \$80 girls, or \$160 maximum, due by Friday, February 24. Make checks payable to: North Montgomery High School. We are limited to fifteen schools. (30 teams)
21. Three (3) entries per school, per event, for each gender.
22. No awards for each event. Just get qualified for the Finals.
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 19, 2012. There will be AUTOMATIC qualifying marks, see the IATCCC website for these new marks for the 2012 Finals. When you achieve these marks, it is up to you to declare your athletes for the Finals at Indiana Wesleyan – Marion 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 \$5.00 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 2 at 4:00 pm

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

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

**Pole Vault** G,B Co-ed, Start at 6'0", 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	<b>55 m High Hurdles</b>	B- , G-	In lanes with starting blocks
	<b>3200 m Run</b>	B- , G-	Waterfall start
	<b>55 m Dash</b>	B- , G-	In lanes with starting blocks
	<b>DMR (12-4-8-16)</b>	B- , G-	Waterfall start
	<b>4 x 200 m Relay</b>	B- , G-	3-turn stagger, in lanes (No fly zone)
	<b>4 x 800 m Relay</b>	B- , G-	Waterfall start
	<b>4 x 400 m Relay</b>	B- , G-	2-turn stagger, in lanes

**ONLY 1/8" and 1/4" PYRAMID SPIKES WILL BE ALLOWED IN FIELD EVENTS !!**  
**ONLY 1/8" and 1/4"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.**

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](mailto:estuffle@nm.k12.in.us)

*Thank-you for your assistance with the meet !!*

IF YOU DO NOT HAVE AN EXISTING ACCOUNT GO TO:

[www.directathletics.com](http://www.directathletics.com)

1. Click on 'New Users Click Here'.
2. On the 'Coaches/athletes' click on 'Create a TEAM account' under New Users.
3. On the 'Create New Team Account' page fill in info and bug continue.
4. Continue until you have your account set-up.

How to Submit Entries - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics.com username and password for his/her team. If you

don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through Direct Athletics.

**\*\*NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and

repeat the process (or vice versa). The team you are controlling is listed on the blue

navigation bar across the top of your account, for example:

Sport: Track & Field Team: Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your

Women's team, you would select "Guilford (W)".

### STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an

athlete is already on your roster (from previous seasons or meets) you do not need to add

him/her again.

1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)

2) If you have used Direct Athletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.

3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).

4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".

5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the

TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit

athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected"

link or the blue "Edit Selected" link respectively.

### STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.

2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.

3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.

- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

**H:tf/Little Giant – Charger/general information**