

7th Annual Northwest Indiana HSR Qualifying Meet

Date: Saturday March 11th, 2023

Time: 8:30 A.M. (Central Time)

Location: Portage High School Fieldhouse

Cost: \$5 per individual entry; \$20 per relay entry

\$175 team max



For Meet Information & Contracts, Email:

Nicholas.haas@portage.k12.in.us

Northwest Indiana HSR Qualifier - Coaches Information

Facility and Runways

- 6 lanes, 42" wide. Super Mondo. Spikes permitted.
- Interior Courts – all-purpose Mondo. No spikes allowed.

Meet Registration

- Registration will be on Direct Athletics from February 1st – March 8th at 10 PM.
- Seed marks are required in Direct Athletics for all events.
- Scratches only are accepted day of meet. Substitutions are permitted, but NO additions day of meet.

Entry Fees

- \$5 per Individual event. \$20 per relay. Max \$175 per team. Make checks payable to: Portage High School.
- Limit entries to 4 max individuals per event except Long Jump maximum of 3 entries and 1 relay per event.
- Bring payment the day of the meet to compete. (Do not pay Direct Athletics.)

Team Entry & Camps

- Teams should enter through school's front entrance "E" in the center section.
- Busses may park in the lot in front of PHS West Building.
- Changing facilities are NOT available.
- Restrooms are available outside the track in the North East and South West Halls.
- Team camps are not permitted in the fieldhouse.
- Set up team camps in the Freshman Gymnasium – down the hallway from the fieldhouse.

Spectator Entry

- Enter school through entrance "D" on south side of building, or entrance "M" on the north side.
- Enter track through southeast doors door of fieldhouse.
- Spectators will be charged \$5 admission.
- Limited Spectator seating is available. (Consider bringing a camp chair.)
- Athletes are not permitted in paid spectator seating.

Coaches/Officials Meeting

- Held promptly at 8:15 AM in the LGI room. Review special procedures.

Race Clerk Check In

- The Race Clerk is located in hallway near the northeast corner near the 55m start line.
- An "all-call" for each race by the Clerk will be made approx. 10 minutes before the start.
- Athletes must check in with the clerk at that time to compete in the race.
- Athletes will "spike up" at this time.
- Races will not be held up for missing athletes.

Athletes

- Fieldhouse warm-ups should take place in lanes 1 & 2 only, or on gray area of backstretch.
- Hallway warm-ups should take place in the halls around the freshman gymnasium.
- Athletes will spike up at check-in with the race clerk.
- Spikes are only permitted during races on main oval and LJ and PV runways only.
- Spikes must be removed following the event.
- Athletes wearing spikes on the basketball courts will be disqualified.
- Standard Starting blocks are provided.

Field Events

- Shot puts will be provided. Do not bring your own.
- Shot Put Finals – Top 9 from trials.
- High Jump starting heights: Girls – 4'04". Boys – 5'04".
- Pole Vault starting heights: Girls – 7'00", Boys – 8'00".
- Long Jump: 1st good jump is measured. Minimum jumps for measurement: Girls – 14' 00, Boys – 17' 00.

Running Events

- Using all lanes, 1-6.
- Heats and sections will be determined after registration closes. See Heat Sheets at Coaches meeting.
- There will be NO finals. The fastest time submissions will make up the first heat and so on.

Relay Races

- Using outer lanes 4, 5, & 6.
- A fly-zone is permitted for safety in 4x200
- Interior lanes 1 & 2 may be used for warm-ups on back stretch.

Results

- All Times are FAT.
- Meet results will be posted by the concession stands during the meet.
- Results will be on Direct Athletics 1 hour after the conclusion of the meet for potential HSR qualifiers.

Concessions

- Concessions will be available.

T-Shirts

- HSR T-Shirts will be available for purchase