

New Haven Invite - HSR Qualifier

Saturday March 4, 2023

Held at PFW Athletic Center

8:30 a.m. Fieldhouse Opens
9:15 a.m. Coaches Meeting
9:50 a.m. National Anthem

Field Event Schedule:

10:00 a.m. High Jump (women then men)
10:00 a.m. Shot Put (women then men) 3 throws
10:00 a.m. Long Jump (men then women) 3 jumps
10:00 a.m. Pole Vault (men then women)

***Running Event Schedule: (Women first in each event, followed by the men)**

***times are estimated, we will follow a rolling schedule a more up to date schedule will be provided when seedings are sent out**

10:00 a.m. 3200 Meter Run
11:35 a.m. 60 Meter Hurdles – no finals
12:20 p.m. 60 Meter Dash – no finals
1:10 p.m. 4X800 Relay
2:05 p.m. 4X200 Relay
2:40 p.m. DMR (1200, 400, 800, 1600)
3:20 p.m. 4X400 Relay

Entry Fee: \$200 per gender/\$375 bring both teams
Make checks out to: **New Haven High School**

Tickets: \$6.00

Entries: Will be done on Direct Athletics; directathletics.com
3 individuals per event - **exception is the 3200 Meter Run.**
3200 Meter Run – each school may enter 2 runners. A school may enter 3 runners if all 3 runners are under 13:00 (girls) or 11:00 (boys)
1 relay per school
Step 1 – Log on to www.directathletics.com
Step 2 – Set up your online roster.
Step 3 – Submit online meet entries by Wednesday March 1st @ **11:59 p.m.**
Six Athletes per relay (four compete), three athletes per running event, and three athletes per field event. Athletes and teams entered without times will be placed in the slowest flight(s)/heat(s).

Entries are due by 11:59 p.m. Wednesday March 1st

Don't wait until the last minute to set up your online roster.

Seeding: All races and field events will be seeded, so we ask teams to enter any times for athletes and relays that have competed or put in an estimated seed time or mark.

Scratches: Please get scratches to Larry Stemmler at lstemmler@eacs.k12.in.us by 7:00pm on Friday March 3rd so seeding can be accurate for Saturday races. Emergency scratches will be allowed Saturday morning as long as the athlete is being scratched completely from the meet.

Awards: All athletes will compete for individual medals for the top 5 individuals and the top 5 relays and ribbons for 6th thru 8th place for individuals and relays. A team trophy will be given to the top 2 teams.

Scoring: Individual Events: 10-8-6-5-4-3-2-1

Relays: 20-16-12-10-8-6-4-2

Field Events: Athletes in the Long Jump and Shot Put will be given 3 attempts only. Athletes in the high jump and pole vault will compete until the event is done.

Girls High Jump Starting Height – 4' 6", up 2" till 5' 4" then 1" thereafter

Boys High Jump Starting Height – 5' 4" up 2" till 6' 2" then 1" thereafter

Girls Pole Vault Starting Height – 7' 0" up 6" till 10' 0" then 3" thereafter

Boys Pole Vault Starting Height – 9' 0" up 6" till 13' 0" then 3" thereafter

If you have an athlete in a field event that is also in a running event. The athlete should not leave his or her field event until after the 2nd call for his or her running event. Athletes will have 10 minutes after his or her event is finished to report back to their field event.

In the High Jump and Pole Vault, if the athlete is gone when that particular height is completed by every other participant in that event, the bar will be raised and the athlete that is gone will rejoin at the new height and will have the same number attempts left from the height that he or she left at.

In the Long Jump and Shot Put, if the section that the athlete was in has completed, we will start the next section and allow that athlete to come back and finish his or her remaining jumps or throws with the current section that is competing.

Only use athletic tape or painter's tape for marks on the floor. Do not use any other tape for marks and remind your athletes to remove their tape marks when they are finished competing.

Minimum: Min. Marked Distances for: Long Jump: 14-0 (Girls) 18-0 (Boys) and Shot Put: 25 Ft. (Girls) 35 Ft. (Boys) ***We will measure the 1st FAIR throw/jump...anything under the Min. Distances after the 2nd attempt and 3rd attempts will NOT be measured.***

Shot Put: Implements will be weighed in at event site.

Long Jump: Long Jumpers will be given a number in your packet that they need to wear on the back of their uniform. The first number listed will be their flight number and the second and third

number will be their position in the flight order. Example: 110 would be first flight and 10th jumper in that flight.

Facilities: The Athletics Center is a 90,000 square foot facility with Mondo Super X surface, the same surface used on the track at the Beijing Olympics.

Team Camps: Space is limited inside the team camp area (see attached map for locations), so teams are encouraged to only bring those athletes that are competing or are alternates for a relay. Team camps may be set up in the hallway outside the track & field facilities. New Haven and PFW are not responsible for items lost or taken from team camps, so please have someone at your team camps at all times.

Locker

Rooms: There will be no locker rooms available but several Restrooms are located in the facility.

Timing: Finish Lynx Timing System will be used for all races.

Spikes: Your athletes will be allowed to wear spikes as long as they are **pyramid** and meet the following sizes: **1/4" or less**. Spikes will be checked at check-in for their events. Athletes will be disqualified if they have the wrong spikes in their shoes. No spikes are allowed to be worn on the basketball flooring in the track facility. Please make sure that your athletes know this or they may be removed from the facilities.

Warm-ups: Once the meet begins, all warm-ups will have to be completed outside. The upstairs track at PFW will be closed and off limits during the meet.

Blocks: Will be provided by PFW

T-shirts: Will be for sale.

Concessions: Will be for sale

Recommendations: This meet is a qualifier meet for the HSR Finals. If you have athletes that you do not believe will meet the minimum distances or heights in the field events or will not be competitive in the distance races, it is recommended that you do not enter them in the meet.

Questions: Please contact Larry Stemmler, lstemmler@eacs.k12.in.us with any questions.