

2023 Blue and White Relays
an HSR Qualifier
Anderson University's Kardatzke Wellness Center
Saturday, March 18 Time 1:00 PM

Hamilton Southeastern High School Track & Field is hosting a trial session for the Hoosier State Relays at Anderson University's Kardatzke Wellness Center.

The session will be Saturday, March 18th, 2023 at 1:00 PM **doors will open at NOON**, please do not arrive earlier

Registration: Contact [Julie Alano](#) by January 31, 2023 if you would like to attend this meet. Contracts will be sent after that date. Payment must be made before your team is made available (invited) on DirectAthletics.

*Please make sure HSE has received payment by **Friday, February 10, 2023**.

*Coaches may begin registration Monday, February 20, 2023 at noon.

***Entries close at 11:59 PM on Tuesday, March 14, 2023.**

Entry Fee: \$100.00 per team, \$200.00 per school for both boys and girls.

*******Make checks out to Hamilton Southeastern Track and Field and mail to Julie Alano**, 12499 Olio Rd, Fishers, IN 46037. *Be sure this is correct.

Those teams that have paid will be listed on directathletics.com. To confirm your team placement in the meet payment must be made by Friday, February 10, 2023.

Spectators: Spectators \$5.00

Entries: Step 1 - Log on to www.directathletics.com (see attached sheet)
Step 2 - Set up your online roster
Step 3 - Submit online meet entries by Tuesday, March 15, 2022 at 11:59 PM. Eight (8) athletes per relay (**four compete**), two (2) athletes per running event, and field events. Make changes with anyone on your roster the day of the meet. ***Athletes and teams entered late or without times will be placed in the slowest flight.***

Scratches: Upon arrival, scratches can be made to the head timer (located at the finish line). Scratches are due at 2:45 p.m. No reseeding. No name changes will be made unless athlete qualifies for Hoosier State Relay Finals.

Team camp: around the indoor track and infield - not on wood court

Spikes: ¼" 400m down and 1/8" 800m up. No needle, pin or Christmas tree spikes allowed. Spikes are allowed in all events.

Order of Events: 3200, 60m hurdles, 60m dash, 4x800, 4x200,
DMR (1200, 400, 800, 1600), 4x400 girls first in all running events.

Opening heights: PV 7' 6" Girls (first) and 10'0" Boys (follow girls),
HJ 4'6" Girls, (first) 5'6" Boys (follow girls)

Minimum measure:

LJ 14' 0" Girls (follow boys) and 18'0" Boys (first) 1.5 hr limit each
Shot 27'0" Girls (follow boys) and 38' 0" Boys (first)

Field Events: PV and HJ will be conducted until each athlete is eliminated.
LJ and SP each athlete will be allowed three attempts.

Results and Awards Results will be available on www.directathletics.com following the meet. Results will be forwarded to the Hoosier State Relay officials. Please double-check your results for qualifying individuals. No team scores or awards will be given.

Other Information

NO FOOD OR DRINK allowed in Fieldhouse - only water

Warm-up must be completed on the elevated track or outdoors

No chalk on track or in jump area. Mark with tape only!

Cardio/Weight room is off limits

Several sets of bleachers on the lower level are reserved for spectators only

A reminder that parking and traffic may be congested around the center. Arrive accordingly.

Starting blocks and shot put will be provided.

A separate **finals fee** will be required if you have athletes qualifying for the HSR State Finals @ Indiana University (Individuals-\$6.00 per Individual, Relays-\$24.00). The performance deadline is midnight, Sunday, March 19. Entry in the finals is not automatic - a separate entry must be completed on Direct Athletics and fees must be paid for your athletes to compete in the finals at Indiana on Saturday, March 25, 2023. Schedule - 4A, 5A, 6A starts at 10:00am doors open at 10:00am and 1A, 2A ,3A begins at 4:00 pm.

Questions? Please communicate via email. Julie Alano jalano@hse.k12.in.us



IF YOU DO NOT AN EXISTING ACCOUNT GO TO:
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 DirectAthletics.

****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 DirectAthletics 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.