

# Bethel University HSR Qualifier #1

Hoosier State Relays Qualifier #1  
March 9 and 10, 2023  
Hosted by Mishawaka High School

Location: Lehman Family Training Center  
705 W. Lowell Ave  
Mishawaka, IN 46545

## **Entry Fee:**

Cost is \$10.00 per individual entry up to \$200.00 per male or female team and then \$5.00 per entry after that with unlimited entries allowed in 60, 60h, LJ, SP and 5 athletes in the PV. Entry fee is based on both days combine in the 2-day meet. Athlete may compete on both days for the same price.

Example: Entry 30 athletes the cost would be \$200.00 for the first 20 athletes than \$50.00 for the remaining 10 athletes for a total of \$250.00.

Checks can be made out to: **Bethel Track and Field**

## **Entries:**

All early entries are made through direct athletics at [www.directathletics.com](http://www.directathletics.com)

Entries must be submitted by Noon on March 9th. We will take scratches up to 1 hour prior to the start of the competition to ensure all heats are full. Send scratches to [trackandfield@betheluniversity.edu](mailto:trackandfield@betheluniversity.edu). Heats will be decided 1 hour prior to each flight considering any last-minute scratches or walk-up entries that occur.

Walk up Entries will be allowed if done more than 1 hour prior to the start of the event. Walk up entries will be done onsite at check-in with a cost of \$20.00 per entry.

Each school may enter up to 5 athletes in the Pole Vault due to time constraints. You may enter unlimited 60m, 60m hurdles, SP and LJ. LJ athletes need to get their jumps in during the time allowed. Each SP and LJ athlete will be given 4 jumps/throws done in cafeteria style for the Long Jump M/W with 2 hours given to get all your jumps in. The SP will be run in flight style of 18 athletes with the top seeds going last.

## **Team Camps:**

Team camps will take place at either the Lehman Center or Weikamp Gymnasium based on how many people are in the facility. If an alternative location is used we ask all non-competing athletes to stage there until it is their time to compete.

If Weikamp is used during the sprinting events: We ask that all non-competing athletes to stage out of Weikamp facility till it is their time to enter the Lehman Center. Staff will clear the competition facility after each round has completed. No spikes should be worn while in the Weikamp center only non-marking athletic shoes. I will send out an email to all coaches informing them what the game day procedures for team camps will be.

\*\* If Weikamp is used as staging we ask all buses to enter off Liberty and LaSalle near the Softball field\*\*\*\*\*

Bethel Campus address: 1001 Bethel Circle – Mishawaka, IN 46545

**Day of Procedures 60m and 60mH:** Times will be designated when the corresponding sprint session will take place.

Example: Warmups for the Men's 60-meter will begin at 9:30 am. All athletes in that flight will be given a 30 min warm up period in the facility. Once the time elapses athletes will be lined up in heats and given one final runout from the blocks before the start of their race. Upon completion of the flight all athletes will be asked to leave so that the next flight can enter and begin their warmups prior to racing. Prior to arriving at the Lehman Center there will be check ins occurring at the Weikamp Team camps. Please ensure the athletes or a representative checks the athletes in prior to the competition.

**Scratches:**

Please do your best to make sure entries are correct. Scratches will be accepted and appreciated up to 1 hour prior to the start of the event. Sadly, no refunds can be given. We hope to have every heat full in the dashes. We will send out a last-minute email asking for any scratches as well as have a check in table in the Weikamp Center. Failure of the athlete or a representative to check in could result in the athlete being accidentally scratched from the meet.

**March 9<sup>th</sup> Afternoon: Field Events - Tentative**

B & G Long Jump Warmup Begin at 4:30 pm

B & G Long Jump Pit Opens at 5:00 for Marks

B & G Long Jump Concludes: at 6:30 pm or once all jumps are done.

G SP Warm Up Flight #1 Begins at 4:30 pm with start at 5:00 pm

G Pole Vault Warmups begin at 4:15 pm with start at 5:00pm

B SP Warm Up Flight #1 Begins at 6:00 pm

B Pole Vault Warmups begin at 6:00 pm or 45 mins after the finish of the girl's pole vault.

**Opening Heights and progressions:**

Pole Vault: 7'0" for girls; 10'0" for boys

Progressions for Pole Vault: up by 8" until 12'0" for boys, then by 6"

Up by 8" until 9'0" for girls, then by 6"

**March 10<sup>th</sup> Morning: Dash Events**

Team Camps Open: Weikamp (if used) Facility: 9 am

Boys and Girls 60m Prelims: Warmups Begin at 9:30 am

Boys and Girls 60m Prelims: Heats Begin at 10:00 am

Boys and Girls 60m Hurdle Prelims: Warmups Begin at 11:00 am

Boys and Girls 60m Hurdle Prelims: Heats Begin at 11:30 am

Boys and Girls 60m Finals (Top 12) Warmups Begin: 12:15

Boys and Girls 60m H Finals (top 12) Warmups Begin: 12:15

Boys and Girls Finals 60 and 60H: 12:45 pm

\*Schedule Subject to change if a Semi is needed in any of the dash events\*

**General Information: Coaches, please help with enforcements**

Spikes are to be no more than 1/4" in length and should be pyramids. Please no needles or "Christmas Tree" spikes.

Spikes will be checked before the start of the race and at Check In.

Shot Puts need to be weighed in on arrival near the South Side of the Facility.

Cardio/Weight Room is a NO SPIKE ZONE and off limits for use at any time.

Starting Blocks will be provided.

Parking will be very congested around the Lehman Family Training Center. Please plan and walk accordingly as it is a short walk from the Weikamp Center (if used) to the Lehman Center.

Only water allowed on the track and turf area.

Bathrooms will be limited inside the Lehman Center so encourage your athletes to use the facilities in the Weikamp center prior to making their way over.

**About the Lehman Athletic Center:**

State of the Art Training Center featuring a 6 lane 120m Straightaway featuring the Beynon BS 1000 Hobart running surface. Building has a dedicated Long Jump and Pole Vault areas for practice and competition. Turf area for throwing and rehab activities. Center also features a weight room, cardio area, performance lab, offices and hang out lounge for athletes. The building is 65' wide so space will be limited to competing athletes, coaches and spectators only. Policy may change as we offer more opportunities into the future.

**Spectator Policy:**

We will allow spectators into the facility to watch each session, but the number will be limited per session due to space and to ensure enough space for the competing athletes and coaches. We ask parents to only stay for the sessions their children are taking part in if the numbers are too large. our goal is to have an overflow area with the hopes of live streaming the event as it is occurring. The cost is \$8.00 per person per session to enter the building to watch live. The cap will be 100 spectators per session till we can identify how many spectators we can safely have in the building at any time while making sure the athletes have the best experience possible. Sorry for any issues this creates.