



53rd Jesuit-Sheaner Relays

- DATES:** Entries Due: Tuesday, March 21st tx.milesplit.com
Entry Change at tx.milesplit.com: 3:00PM, Thursday 23rd
Meet: March 24-25, 2017
- SITE:** Dallas Jesuit High School
12345 Inwood Rd
Dallas, TX 75244
- TIMES:**
- | | | | |
|--------------------------|---------------------|--------|---|
| Friday Session: | 3200m: | 6:30pm | TRACK & RUNWAYS: synthetic surface requiring ¼” spikes or less |
| Saturday Session: | | | |
| Coaches Meeting: | 7:00 – 8:00 am | | Admission Price:
Adult - \$5.00 / Student - \$3.00
Friday - Free |
| Morning: | Field Events: | 8:00am | |
| | Running Events: | 8:30am | |
| Afternoon: | Opening Ceremonies: | 2:15pm | |
| | Running Events: | 2:30pm | |
- ENTRIES:** The entry fee will be \$175.00 per team or \$20.00 per individual, if **paid by March 25th (\$200/\$25 if paid after March 25th)**. Team fees will include a hat and lunch for Coaches. Please make checks payable to Jesuit Athletics. This meet has two divisions, 6A and 5A and under, Varsity only. **Entries must be submitted online at tx.milesplit.com**. Contestants will be seeded according to times submitted. Contestants are limited to 3 running events and 5 total events.
- Changes to your original entry form must be changed online at tx.milesplit.com & will be accepted until 3:00pm, Thursday, March 23rd. **No changes allowed after 3:00 pm Thursday. Please delete any entries that you know will not compete prior to Thursday.**
- AWARDS:** Medals for first, second and third place finishers in all events. Batons for relay winners. Trophies for High Point Man in each division and Medals for 1st Place Team in each Division. All medals will be available for pickup at awards table located at the Northwest Pavilion after conclusion of each event.
- RULES:** The meet will be governed by the National Federation of High School Associations rules.
- High Jump starting height will be 5’8” and will rise in 2” increments to 6’4”. Above 6’4” the bar will be raised in 1” increments.
- Long and Triple Jump contestants will be allowed 3 jumps in the preliminary round. Eight finalists will be allowed 3 additional jumps in the final round. Minimum qualifying standards are 18’0 for Long Jump and 38’0 for Triple Jump. Jumps below the qualifying standard will not be measured.
- Pole Vault starting height will be 12’ and will rise in 6” increments to 13’6”. First Session will begin at 9:30 AM and stop after 13’6. The second session will start at 14’0” at 11:00 AM. 4A and 5A run together. Vaulters entering at the beginning of session II will be given a 40-minute warm-up period. 5A and 6A divisions jump together
- Shot Put and Discus contestants will be allowed 3 throws in the preliminary round. Eight finalists will be allowed 3 additional throws in the final round. Implements will be pooled. Minimum qualifying standards are 40’0 for Shot Put and 120’0 for Discus. Throws below the qualifying standard will not be measured.

Curve judges will be present for all races. Please make sure that your athletes understand the rules prior to racing.

Official timing will be fully automatic as times and places will be determined from the Finish Lynx System. The meet director will make all logistic decisions regarding placement of starting and finish lines, runway direction, and timing systems.

800m, 1600m, 3200m, 4x400 and DMR races; 5A and 6A Divisions will be combined and seeded by time. Points and medals will be awarded in finish order by Division. The 3200m will be run Friday night. The 1600m will be run in two sections on Saturday with Section 1 in the morning following the 200m preliminaries and Section 2 during the afternoon finals.

Audible tape decks and radios will not be permitted in the stands, warm-up or competition areas.

COACHES MEETING

There will be a Coaches meeting at 7:00, please have at least one coach there to represent your school.

TEAM CAMPS

Team camps can be set up in the Home (West side) Stands, no Tents are allowed on turfed areas or in the Stands.

WARM-UP

Warm up will be on the Lower field, **NO Athletes & coaches** will be on the infield. The track will be open from 7:00 until 8:25 and 1:30 until 2:00 for Relays teams to work on exchanges and marks.

HEATING CLERK

The heating clerk & benches will be outside the Southeast corner of the track near the baseball stadium, the group will be walked to the starting line.

RELAY TEAMS:

All members of relays teams must be checked in and will be walked to their exchange Zones.

MEALS:

A meal will be provided for coaches following completion of the morning preliminaries. Also, we will have a concession stand selling barbecue other types of nourishing "all day food".

HEAT SHEETS:

Will be available online at <http://jsrelays.org/2017.html> . Printed copies will be available Saturday morning at the coaches meeting. Please make all entry changes, adds and deletes by 3:00 pm Thursday, March 23rd online at tx.milesplit.com.

The Finals Version will be available online or on the Plaza at the Northwest corner of the track after 1:30 pm.

INTERNET: Meet Records, last year's results and other info can be seen at: www.JSRelays.org/

EXPEDIENCY: Coaches, please have your athletes ready to cooperate with prelim heating clerks, as we are planning and preparing to run a large number of heats at a very fast pace. No adds or changes to any event after 3:00 pm Thursday, March 23rd

Important announcements will be available via twitter [@JSRelays](https://twitter.com/JSRelays) when possible. [Twitter](https://twitter.com/JSRelays) will be used as a secondary means of communicating 1st, 2nd and Final Calls, Schedule Changes and other important announcements. The primary source of information will continue to be the public-address system in the stadium

Entry Fee Transmittal Form

Jesuit-Sheaner Relays
March 24-25, 2017

Dallas Jesuit High School
12345 Inwood Rd.
Dallas TX 75244

School Name: _____

Coach Name: _____ Phone: _____

Division: _____

Number of Entries (select)

_____ Team(s) X **\$175.00** = \$_____

(\$200 per team if paid after March 25th)
Team fees will include lunch for Coaches

_____ Individual(s) X **\$20.00** = \$_____

(If entering 4 or more individuals select team rate of \$175)

Please make checks payable to **"Jesuit Athletics"**.
Entries must be submitted online at tx.milesplit.com

Mail To:

Attn: Coach Doug Robinson
Jesuit College Prep
12345 Inwood Rd
Dallas, TX 75244