



**50<sup>th</sup> Jesuit – Sheaner Relays**  
**sponsored by Nike**



**DATES:** Entries Due: Tuesday, March 18<sup>th</sup> [www.directathletics.com](http://www.directathletics.com) **SITE:** Dallas Jesuit High School  
Entry Change at [www.directathletics.com](http://www.directathletics.com) : 3:00PM, Thursday 20<sup>th</sup> 12345 Inwood Rd  
Meet: Saturday, March 22<sup>nd</sup> Dallas, TX 75244

**TIMES:** Scratch Meeting: 7:00 – 8:00 am, **Scratches only**  
Morning Session: Field Events: 8:00am **TRACK & RUNWAYS:** synthetic  
Running Events: 9:00am surface requiring ¼” spikes or less  
Afternoon Session: Running Events: 2:00pm

**ENTRIES:** The entry fee will be \$150.00, or \$20.00 per individual, if **paid by March 22<sup>nd</sup> (\$175/\$25 if paid after March 22<sup>nd</sup>)**. Team fees will include lunch for Coaches. Please make checks payable to Jesuit Athletics. This meet has two divisions, 4A and 5A, Varsity only. **Entries must be submitted online at [www.directathletics.com](http://www.directathletics.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 [www.directathletics.com](http://www.directathletics.com) & will be accepted until 3:00pm, Thursday, March 20<sup>th</sup>. After that time no other additions will be allowed. Scratches only at the Morning meeting

**AWARDS:** Medals for first, second and third place finishers in all events. Trophies for relay winners, High Point Man in each division and Trophies for 1<sup>st</sup> Place each Division. All awards will be available at End of Meet in the “West” Press Box.

**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.

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. 4A and 5A 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.

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; 4A and 5A Divisions will be combined and seeded by time. Points and medals will be awarded in finish order by Division.

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 7:30, 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 8:50 and 1:00 until 1:50 for Relays teams to work on exchanges and marks.

**HEATING CLERK** The heating clerk & benches will be beside the baseball grand stands, 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 in your packets in the morning – no changes will be made to the heat sheets. Athletes who scratch will only be removed from that event at the computer and we will run with an open lane. Please make all changes by 3:00 pm Thursday, March 20<sup>th</sup> online at [www.directathletics.com](http://www.directathletics.com).

The Finals Version will be available after lunch in the cafeteria or you can pick them up in the West press box after 1:30 pm or view online at [www.JSRelays.org/heats.html](http://www.JSRelays.org/heats.html)

**INTERNET:** Meet Records, last year’s results and other info can be seen at: [www.JSRelays.org/](http://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 – Scratches only



[www.JSRelays.org](http://www.JSRelays.org)

# Entry Fee Transmittal Form

Jesuit-Sheaner Relays  
March 22, 2014

Dallas Jesuit High School  
12345 Inwood Rd.  
Dallas TX 75244

Number of Entries (select)

\_\_\_\_\_ Team(s) X **\$150.00** = \$\_\_\_\_\_

(\$150 per team if paid after March 22<sup>nd</sup>)  
Team fees will include lunch for Coaches

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

(If entering 4 or more individuals select team rate of \$150)

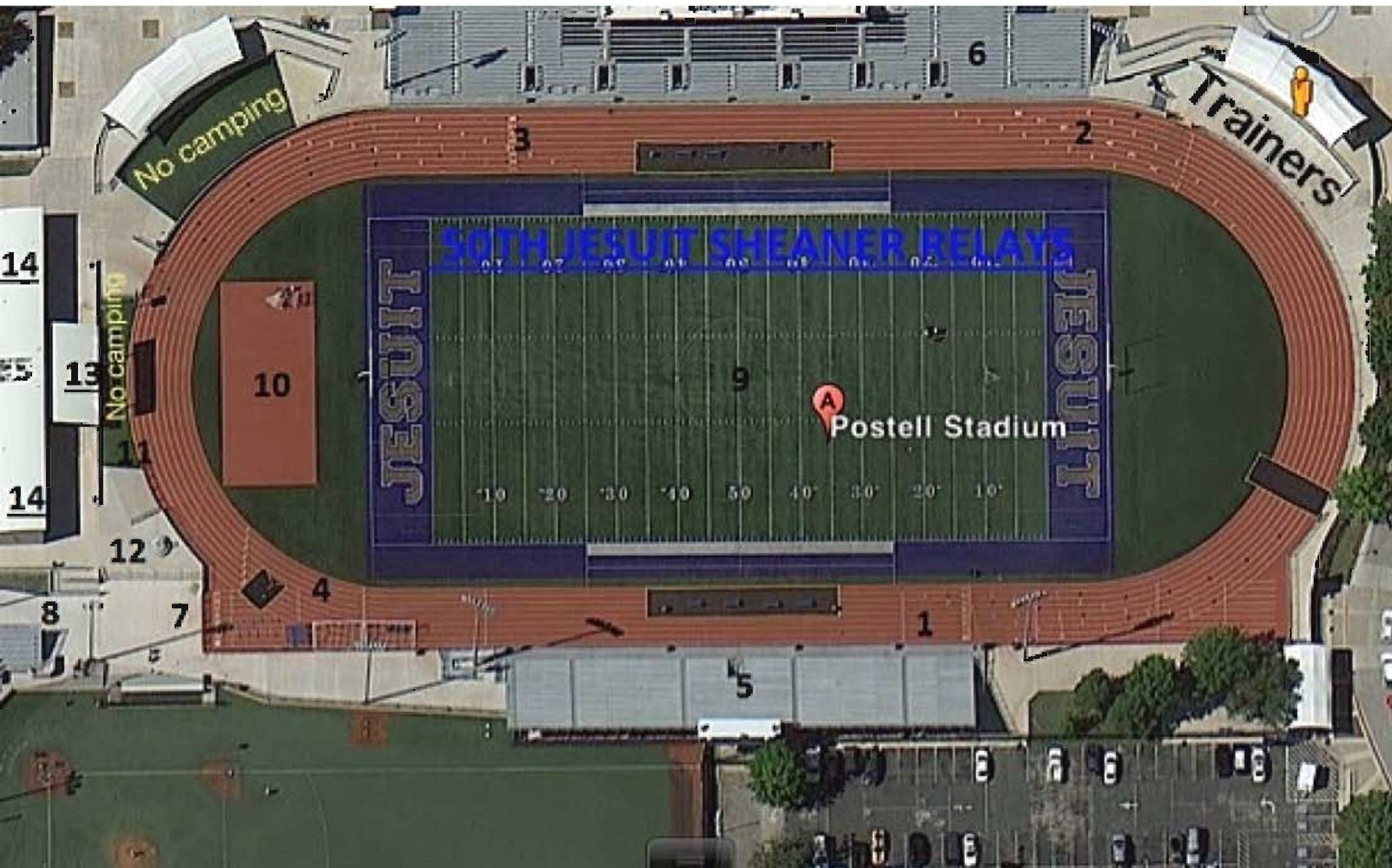
Please make checks payable to **"Jesuit Athletics"**.  
Entries must be submitted online at [www.directathletics.com](http://www.directathletics.com)

Mail To:

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



- 1) STARLINE(3200,4X1,800,400,1600,DMR,4X4)
- 2) STARTLINE(300H)
- 3) STARTLINE(200)
- 4) STARTLINE(100,110H,100H)
- 5) SPECTATORS
- 6) ATH CAMPS(NO TENTS IN STANDS OR ON TURF AREA USE THE AREA UNDER THE STANDS)
- 7) ATH ENTRANCE
- 8) CHECK IN AREA
- 9) MAIN FIELD(NO ATH OR COACHES ON MAIN FIELD)
- 10) HIGH JUMP
- 11) HIGH JUMP COACHES BOX
- 12) LJ/TJ
- 13) LJ/TJ COACHES BOX
- 14) POLE VAULT
- 15) POLE VAULT COACHES BOX
- 16) SHOT PUT
- 17) SHOT PUT COACHES BOX
- 18) DISCUS
- 19) DISCUS COACHES BOX
- 20) WARM-UP AREA
- 21) BATHROOMS
- 22) CONCESSIONS



**1) STARTLINE**  
**(3200, 4X1, 800, 400, 1600, DMR, 4X4)**

**2) STARTLINE (300H)**

**3) STARTLINE (200)**

**4) STARTLINE (100, 110H, 100H)**

**5) SPECTATORS**

**6) ATH CAMPS (NO TENTS IN STANDS  
OR TURF AREAS. USE THE AREA  
UNDER THE STANDS)**

**7) ATH ENTRANCE**

**8) CHECK IN AREA**

**9) MAIN FIELD (NO ATH OR COACHES  
ON MAIN FIELD)**

**10) HIGH JUMP**

**11) HIGH JUMP COACHES BOX**

**12) HIGH JUMP SPECTATORS**

**13) CONCESSIONS**

**14) RESTROOMS**