



**50<sup>th</sup> Jesuit-Sheaner Relays**  
**Girls Invitational**  
*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:** Morning Session: Field Events: 11:30am **TRACK & RUNWAYS:** synthetic  
 Afternoon Session: Running Events: 2:00pm surface requiring 1/4" spikes or less

**ENTRIES:** The entry fee will be \$20.00 per individual up to maximum of \$150.00 per team, 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 is by invitation only. **Entries must be submitted online at [www.directathletics.com](http://www.directathletics.com)**  
 Contestants will be seeded according to times submitted and cross referenced to previous published times. 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 or changes will be allowed.

**EVENTS:** Each "team" will be given one lane in each event. Remaining open lanes will be reserved for "at-large" entries to ensure the best possible competition in all races. The following events will be contested;

100m	4x100 Relay	Long Jump
200m	4x200 Relay	Triple Jump
400m	4x400 Relay	High Jump
800m		Pole Vault
100m Hurdles		Shot Put
300m Hurdles		Discus

**AWARDS:** Medals for first, second and third place finishers in all events and Trophies for relay winners. Team totals will not be tabulated. 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 4'8" and will rise in 2" increments to 5'4". Above 5'4" the bar will be raised in 1" increments.

Long and Triple Jump contestants will be allowed 4 jumps.

Pole Vault starting height will be 10' and will rise in 6" increments to 11'6". Above 11'6" the bar will be raised in 3" increments.

Shot Put and Discus contestants will be allowed 4 throws.

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.

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 for the boys at 7:30, however you do not need to be present.

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 9:00 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



## Entry Fee Transmittal Form

Jesuit-Sheaner Relays  
Girls Invitational  
March 22, 2014

Dallas Jesuit High School  
12345 Inwood Rd.  
Dallas TX 75244

Number of Entries (select)

\_\_\_\_\_ Individual(s) X **\$20.00** = \$\_\_\_\_\_   
 (\$150 max per team)

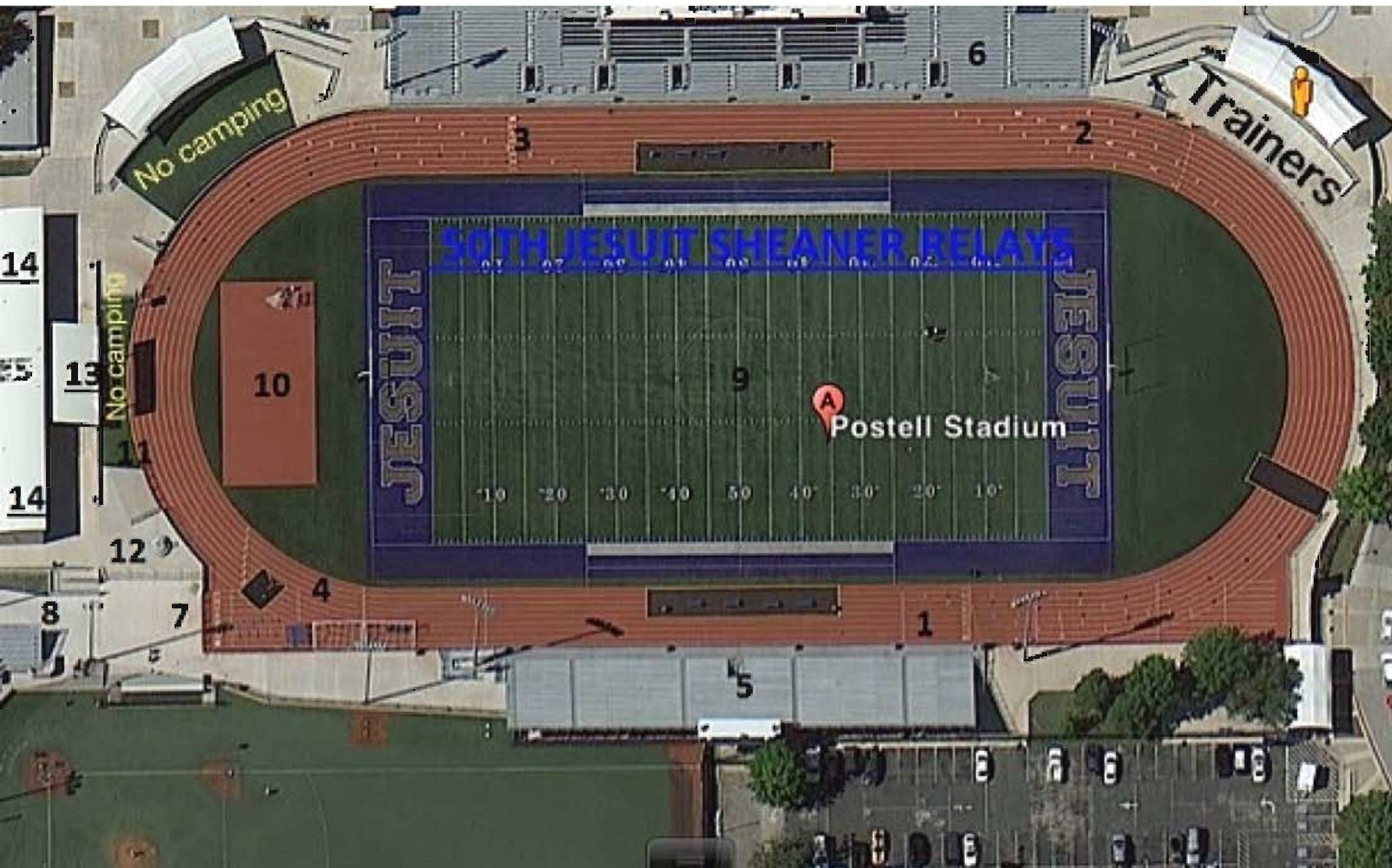
Please make checks payable to **"Jesuit Athletics"**.  
Entries must be submitted online at [www.directathletics.com](http://www.directathletics.com)

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**