

51th Jesuit – Sheaner Relays

DATES: Entries Due: Tuesday, March 17th www.directathletics.com SITE: Dallas Jesuit High School
Entry Change at www.directathletics.com : 3:00PM, Thursday 19th 12345 Inwood Rd
Meet: March 20-21, 2015 Dallas, TX 75244

TIMES: **Friday Session:** 3200m: 6:30pm **TRACK & RUNWAYS:** synthetic
Saturday Session: surface requiring ¼” spikes or less
Scratch Meeting: 7:00 – 8:00 am, **Scratches only**
Morning: Field Events: 8:00am
Running Events: 9:00am
Afternoon: Running Events: 2:00pm

ENTRIES: The entry fee will be \$150.00, or \$20.00 per individual, if **paid by March 21st (\$175/\$25 if paid after March 21st)**. Team fees will include lunch for Coaches. Please make checks payable to Jesuit Athletics. This meet has two divisions, 5A and 6A, Varsity only. **Entries must be submitted online at 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 & will be accepted until 3:00pm, Thursday, March 19th. 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 1st 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; 5A and 6A 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 available online at <http://jsrelays.org/2015.htm> . Printed copies will be available Saturday morning in the Medals Room on the North end of the West side press box after conclusion of the scratch meeting. Please make all entry changes, adds and deletes by 3:00 pm Thursday, March 19th online at www.directathletics.com.
- The Finals Version will be available online or in the Medals Room 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 – Scratches only

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 20-21, 2015

Dallas Jesuit High School
12345 Inwood Rd.
Dallas TX 75244

Number of Entries (select)

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

(\$175 per team if paid after March 21st)
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

Mail To:

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