



55th Jesuit-Sheaner Relays Boys Division

- DATES:** Entries Due: Tuesday, March 19th tx.milesplit.com
Entry Change at tx.milesplit.com: 3:00PM, Thursday 21st
Meet: March 22-23, 2019
- 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 Reception: | 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: | 2:25pm | |
| | Running Events: | 2:30pm | |
- ENTRIES:** The entry fee will be \$175.00 per team or \$20.00 per individual, if **paid by March 23rd (\$200/\$25 if paid after March 23rd)**. 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 21st. **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 winning relay teams. Medals for 1st Place Team in each Division. **All medals will be available for pickup throughout the day 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.
- Tape may be used to mark the track, HJ apron and other field event runways: No chalk is permitted
Competitors shall remove all markings after competition.
- High Jump starting height will be 5’8” and will rise in 2” 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.
- 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.
- 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 800m and 1600m will be run in two sections on Saturday with Section 1 in the morning preliminaries and Section 2 during the afternoon finals.

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

COACHES RECEPTION There will be a Coaches reception from 7:00-8:00 am in the school cafeteria

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 2:15 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. **No Bags** will be allowed inside the track.

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: Preliminary heat sheets will be available online at www.jsrelays.org/heatsheets.html on Friday. Please make all entry changes, adds and deletes by 3:00 pm Thursday, March 21st at tx.milesplit.com.

Finals heat sheets will be available online after 1:30 pm on Saturday.

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 and event judges, as we are planning and preparing to run a large number of heats at a very fast pace.

Athletes participating in simultaneous events are responsible for managing their time between events and reporting or returning to their respective competition venues when called to compete.

No adds or changes to any event after 3:00 pm Thursday, March 21st

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

www.JSRelays.org

Entry Fee Transmittal Form

Jesuit-Sheaner Relays
March 22-23, 2019

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 22nd)
Team fees will include lunch for Coaches

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

(If entering a relay team or more than 5 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