



55th Jesuit-Sheaner Relays Girls Invitational

DATES: Entries Due: Monday, March 18th tx.milesplit.com **SITE:** Dallas Jesuit High School
 Final Start List at www.JSRelays.org : Monday, March 18th 12345 Inwood Rd
 Meet: March 22-23, 2019 www.JSRelays.org 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
 Morning: Field Events: 11:30am **Admission Price:**
 Running Events: 9:00am **Adult - \$5.00 / Student - \$3.00**
 Afternoon: Opening Ceremonies: 2:25pm **Friday - Free**
 Running Events: 2:30pm

ENTRIES: The entry fee will be \$20.00 per individual up to maximum of \$175.00 per team, if **paid by March 23rd (\$200/\$25 if paid after March 23rd)**. Team fee will include a hat and lunch for Coaches. Please make checks payable to Jesuit Athletics.

Entries must be submitted online at tx.milesplit.com. Contestants are limited to 3 running events and 5 total events. Individual events are open to all-comers interested in competing with the best State, National and Area ranked athletes. Relay events (4x100, 4x200 & 4x400) are by invitation only.

Preliminary heats will be run as needed in the 100m, 200m, 400m, 100/300m hurdles. The 800m, 1600m, 3200m, and Relay events are one-heat finals only with no preliminary heats.

The 100m, 200m, 400m, 800m and 100/300m hurdles will be limited to sixteen contestants. Up to 24 contestants will be accepted in the 1600m, 3200m and field events. Relays are by invitation only (finals only)

Entry Changes can be made through 12:00pm (noon) Monday, 3/18/18 with the **final start list** published on JSRelays.org after 5:00 pm, Monday, March 18th

Contestants will be seeded according to times submitted and cross referenced to previous published times on the [Area Leaders List](#) and MileSplit State and National rankings to ensure the best possible competition in all races.

EVENTS: The following events will be contested;

Open Events:				Invitational Events:
100m	1600m	Long Jump	Pole Vault	4x100 Relay
200m	*3200m	Triple Jump	Shot Put	4x200 Relay
400m	100m Hurdles	High Jump	Discus	4x400 Relay
800m	300m Hurdles			

* Friday Night 3/22/19, 6:30 pm

AWARDS: Medals for first, second and third place finishers in all events. Batons for winning relay teams. Medals for 1st Place Team. **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 4'8" 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.
Pole Vault starting height will be 10' and will rise in 6" increments.
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.
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 in the school cafeteria

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

WARM-UP Warm up will be on the Lower field, **NO Athletes or 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 full concession stand.

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 12:00 pm (noon) Monday, March 18th 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 12:00 pm (noon) Monday, March 18th

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
Girls Invitational
March 22-23, 2019

Dallas Jesuit High School
12345 Inwood Rd.
Dallas TX 75244

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