

51st Jesuit-Sheaner Relays

Girls Invitational

DATES: Entries Due: Wednesday, March 11th www.directathletics.com **SITE:** Dallas Jesuit High School
 Final Start List at www.JSRelays.org : Thursday, March 12th 12345 Inwood Rd
 Meet: March 20-21, 2015 www.JSRelays.org 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: 11:30am
 Running Events: 9:15am
 Afternoon: Running Events: 2:00pm

ENTRIES: The entry fee will be \$20.00 per individual up to maximum of \$150.00 per team, if **paid by March 21st (\$175/\$25 if paid after March 21st)**. Team fee will include lunch for Coaches. Please make checks payable to Jesuit Athletics.

Entries must be submitted online at www.directathletics.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.

Maximum of two (2) entries are permitted in the following events; 100m, 200m, 400m, 100/300m hurdles. Preliminary heats will be run as needed. The 800m, 1600m, 3200m, and Relay events are one-heat finals only with no preliminary heats.

Up to three (3) entries are permitted in the 800m, 1600m, 3200m and field events subject to lane availability. The 800m will be limited to twelve contestants, the 1600m is limited to 18 contestants and up to 24 contestants will be accepted in the 3200m and field events.

Changes can be made through Wednesday, 3/11/15 with the **final start list** published on JSRelays.org the following day, Thursday, March 12th

Contestants will be seeded according to times submitted and cross referenced to previous published times on the [Area Leaders List](#) and other 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 3/20/15, 6:30 pm

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 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 to 11'6". Above 11'6" the bar will be raised in 3" 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 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 or 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 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
Girls Invitational
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