RAY-PEC

Varsity Track Invitational

2012

2012 Ray-Pec Varsity Invite
Meet Information

Date: Friday, April 13th 2012

Location: Raymore-Peculiar District Stadium

Meet Information:

- There will be a coaches/scratch meeting in the north sports building at 3:30pm.
- The meet will have a rolling schedule beginning at 4:00pm.
- Scoring will be 10-8-6-5-4-3-2-1 for individual and relay events.
- The bullpen will be located in the infield.
- Traditional order of events will be used. Heats will be arranged from slow to fast.
- The 4x800, 800m, 1600m, and 3200m will be run in box alley format.
- Relays are not to use tape on the track. However, tennis balls are encouraged.
- Athletes must use 1/8" pyramid spikes only!!!!
- Jumpers and throwers will be given four (4) jumps/throws.
- Opening heights for the high jumps and pole vault will be determined at the coach's meeting.
- High jump will be run 3-alive and pole vault run 5-alive. Poles will need to be checked in by the meet official at the pole vault area.
- Shot/Discus area is located northeast of the track, past the softball field.
- Long jump, triple jump, and pole vaulting areas are located just west of the stadium.
- Teams may utilize either side of the stadium for team camps. However, tents can only be used on the east side.
- Medals will be awarded to the top 3 per event and team trophies to the top 2 teams.
- Coaches will not be required to run-off events, but they can always volunteer to help ☺

Entry Information:

- Team Entry Fee - $125 per school per gender
- Each school is allowed three (3) individuals per event and one (1) relay per relay event.
- www.Athletic.net (See attached instructions)
- Event Entries are due by 11:00AM on Monday April 9th. No late entries accepted.
- You may make substitutions via www.Athletic.net through Thursday at 11:00AM.
- Entry questions should be directed to:
  Alan Shields: AShields@raypec.k12.mo.us
- General meet questions should be directed to:
  Jamin Swift: JSwift@raypec.k12.mo.us

Meet Management

Meet Director	Jamin Swift
FAT Timing/Scoring	Alan Shields & Patrick Hemmingsen
Games Committee	TBA
Announcer	Tom Kruse
Starters	Dan Cromer and Bob Thorpe
Clerk	Matt Copeland
BullPen	Andrew James and Everett Sheppard
Timers	1st – Matt Copeland - Clerk
	2nd – Erin Lyon
	3rd – Nicola Dudek
	4th – Parisa Saravi
	5th – Teresa Elmer
	6th – Joseph O'Neal
	7th – Truman
	8th – Stefani Russ
	Extra Timer – Tina Misner/Nicki Heist
Long Jump	LSN/LSW
Triple Jump	Harrisonville
High Jump	Ruskin
Pole Vault	Jay Johnson
Shot Put	John Heinemann
Discus	Belton

Exchange Zones

4x100m	1st – Alane Cromer
	2nd – Jamin Swift
	3rd – Everett Sheppard
4x200m	1st & 3rd – Alane Cromer and Everett Sheppard
	2nd & 4th – Dan Cromer and Bob Thorpe
4x400m	Dan Cromer and Bob Thorpe

Order of Events

Field Events - 4:00 p.m.

Start Time	Event	Start Time
Boys (4:00)	High Jump	Girls (5:30)
Girls (4:00)	Pole Vault	Boys (5:30)
Boys (4:00)	Shot Put	Girls (5:30)
Girls (4:00)	Discus	Boys (5:30)
Girls (4:00)	Long Jump (East Pit)	Boys (5:30)
Boys (4:00)	Triple Jump (West Pit)	Girls (5:30)

Running Events – 4:00 p.m. (Girls Followed by Boys)

3200M Relay
100M High Hurdles
110M High Hurdles
100M Dash
800M Relay
1600M Run
400M Relay
400M Dash
300M Low Hurdles
800M Run
200M Dash
3200M Run
1600M Relay

Teams Attending

Ray-Pec
Pembroke Hill
Renaissance Academy
Nevada
Rockhurst
University Academy
Brookside Frontier
DeSion
Belton
Harrisonville
LSN – Boys Only
LSW – Girls Only
Ruskin
Warrensburg
Truman – Girls Only

Directions For Using WWW.Athletic.Net

Step 1- Register (Skip this step if you have already registered with athletic.net)

First you need to register as a coach for your team. You can do this by going to www.athletic.net and clicking on High School Track and Field from the menu at the left side of the screen. From there, click on your state (Missouri). Then find your school under your Class and District. Click on your school to go to your team's page. When you have made it to your team's page you need to find the link to register as a coach for that team ("Sign up for a free account".) Once you are registered as a coach you can enter your athletes and set up your meet calendar.

Step 2- Add Athletes (skip this step if you have already updated your roster)

Once you are logged in as a coach you need to find the "Coach Tools" at the top of the screen. Click on "Edit Athletes" to enter your athletes' names, grades, and gender. You can either type them in one by one or you can import them from excel. Information that needs to be entered is first name, last name, gender, and grade.

Step 3- Add Meets To Your Calendar

To add our meet(s) to your calendar, click on "Edit Calendar" from the Coach Tools. You will want to add a new meet for the correct date (April 5 for Ray-Pec JV Invite and April 15 for Ray-Pec Varsity Invite.) You will then be asked what region your meet is held in. Select "Missouri" from the drop down box. You will then be shown a list of meets that are currently scheduled for that date. Find the correct Ray-Pec meet and select that meet. When you have saved the meet to your calendar, you will want to go back to your team's home page. Under Coach Tools find "Meet Registration." When you click this link it will take you to a page that lists all the meets on your calendar. Click on the Ray-Pec Meet and this will take you to a page where you can enter athletes into races by event or by athlete.

Step 4- Enter Athletes

At the top of the page are links all the boy's events and all the girls events. If you click on an event it will take you to a page with a list of athletes that may be entered into that event. To enter an athlete, click the dropdown box next to their name and select the appropriate level (Varsity, JV, etc.) If they have a performance recorded for that event in athletic.net, it will be entered for the seed unless you override the seed by typing it into the override seed box. Instead of entering by event, you may also enter by athlete. Instead of choosing an event from the list, you can scroll down and find an athlete's name. Click the athletes name and you will have the list of events that an athlete may enter. Remember that you may enter 3 individuals into any individual event. Each athlete is limited to 4 events. You are only allowed 1 relay team for each relay event.

Step 5 – Utilize this site as a wonderful tool for your coaches, athletes, and parents

We use this FREE site for all of our meets (home and away) to create rosters, bus lists, excuse-from-class lists, for coaches to enter their individual entries for each meet, in-season stats, end-of-season reports and honor rolls, varsity letters, a site for parents and athletes to see their performances, and much more. Each coach on your squad can be a registered user and can enter their OWN athletes' stats, performances, and meet entries. This site also keeps stats for your entire team and allows you access to them from school or home, since it's on-line. Since it is easily accessed by all coaches, each of our coaches enters their meet entries and results from their athletes, saving the head coach time by not having to enter them all. Especially with having coaches in 3 different buildings, this entry process has really helped by allowing us to do entries from home or school.