



## ***Lake Michigan Credit Union Laker Challenge 2012***

- Running:** 60m Dash and 60m Hurdles will have prelims and finals  
Two heat finals. Top 8 times in fast heat, the next 8 fastest in the 2<sup>nd</sup> heat  
All others events are timed finals
- Throws:** Two circles, indoor shot puts ONLY  
Discus only if the weather is good! Call the 1<sup>st</sup> of the week to confirm status.
- Timing:** Finish Lynx  
Large video board with un-official results and live video
- Locker Rooms:** Lockers and showers are available at the KTB, bring your own towels and lock.  
Grand Valley is not responsible for lost or stolen items.
- Food Services:** Team food will be stored in the East classroom marked "Team Food".  
**NO FOOD WILL BE ALLOWED ON THE TURF OR TEAM CAMP AREA!**  
Concession stand is located upstairs.
- Spikes:** ¼ Spikes are the longest. No CHRISTMAS TREE or NEEDLE/PIN Spikes. No Spikes allowed upstairs, the training room, locker rooms, or classrooms.
- Results:** Will be posted on track level underneath the stairs. Results will also be posted on [WWW.GVSULAKERS.COM](http://WWW.GVSULAKERS.COM) by noon the following day
- Admission:** \$5 for all spectators. NO SPECTATORS ON TRACK LEVEL! Standing room is allowed around the railing or in the main bleachers only. NO ATHLETES IN THE BLEACHERS.

# **NO NAME CHANGES OR ADDS THE DAY OF THE MEET!**

You can make any changes on-line up to midnight before the meet.

**Please enter times from 2011 for seeding. If you don't have a time, enter NT or ND.**

**Entry Fee:** \$200 per team. Boys and girls team separate, \$400 for boys and girls teams. Entry Fees are non-refundable. Teams must pay BEFORE the meet or bring their check to the meet.

## Warm-up/Team Camps:

Make all team camps on the turf inside the hurdles and cones.

# No food on the turf!

Access to the track level will be restricted to coaches, athletes, and officials.  
NO ATHLETES IN THE UPPER BALCONY BLEACHERS!

**60m Dash:** These events will be random seeding with the top 16 times making the two heat final.

**60m Hurdles** Blocks may be used for these two events only.

**200m/400m:** Seeding by entry time for timed finals with no blocks for these three events

**4x300m**

**800m,1600m:** These events will be seeded by entry times. NO CHANGING HEATS!

**4x600m** Each runner will pick up a hip numbers at the check-in table.

**Shot Put:** Throwers will get three throws. All will be marked. There will be a 10 minute warm-up before each flight. NO FINALS. The throws will be seeded by entry marks. The Discus will be reverse seeded and we will try to see how that works this year for the big school meets. For the Small schools we will have the women throw the discus first in 2 rings and the men to throw the shot first and then we will flip flop as needed. Shot will also be seeded with the top half in concrete circle and the bottom half on the wood circle.

**Discus:** Throwers will get three throws 2 then 1. There will be a minimum mark of 75ft for men and 50ft for women. Please use the doors marked "To Discus". All other doors are armed with alarms.

**Long Jump:** Jumpers will have four attempts with an open pit. NO FINALS.

Jumpers with the last name A-J will have 2 hours to jump at 4pm from the EAST Pit  
Jumpers with the last name K-Z will have 2 hours to jump at 4pm from the WEST Pit  
Get in line and jump. After you jump tell the official with the clipboard your name

**High Jump:** Top Seeded Jumpers will compete on the North Pit

Lower Seeded Jumpers will compete on the South Pit

Heights will open up at:

Boys 5-6 and go up two inches until one competitor remains

Girls 4-6 and go up two inches until one competitor remains

**Pole Vault:** Height progressions will be:

Boys 9-0 10-0, 11-0, 12-0 and go up 6 inches


Girls 6-0, 7-0, 8-0, 9-0 and go up 6 inches

There will be a 10 minute warm-up period for anyone entering the competition at or after 13'0 or 10'0. Check-in with the pole vault official to see what runway your vaulter will jump on.

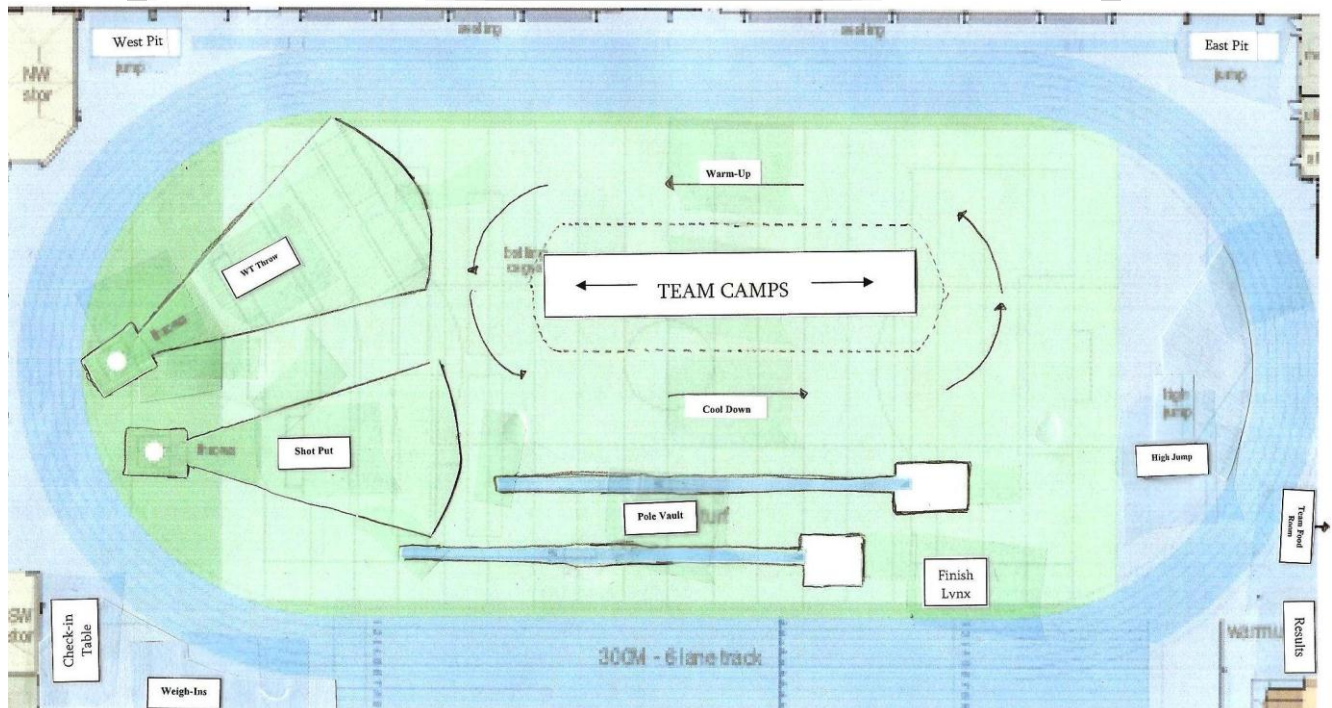


**Spikes:** Only pyramid spikes are allowed on the mondo!

**Grand Valley Track & Field**

		
<b>NO Christmas Tree Spike Pins</b>	<b>1/4" Pyramid "Cone Shape" Only</b>	<b>NO Needle Spike Pins</b>

**Awards:** Medals will be awarded to the top EIGHT in each event. Medals can be picked up by the coach at the end of the meet in the press box. Medals will NOT be sent after the meet is over. **Any large school that competes in the small school meet will only get metals if their mark would have scored in the big school meet. This takes nothing away from small school scoring or metals.**





## ***Entry Fee Paperwork***

**Girls Team Only \$200**  
**Boys Team Only \$200**  
**Girls and Boys Teams \$400**  
**Additional Teams \$200 each**  
**Team smaller than 10 athletes**  
**(9 or less) \$15 per athlete**

**School Name** \_\_\_\_\_

**AD & Phone Number** \_\_\_\_\_

**What day will you be attending?**

Circle what date your team will be attending

**Wednesday**

March 21

**Thursday**

March 22

**Friday**

March 23

**Make checks out to Grand Valley State University and send, NOT FAX this to:**

**lou andreadis**  
**1 Campus Dr. FH96**  
**Allendale, MI 49401**

# How to Submit Entries -



## STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

*Each coach must have a DirectAthletics username and password for his/her team. You will use the same account to enter all meets run through DirectAthletics.*

**\*\*NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

## STEP 2--SETTING UP YOUR ONLINE ROSTER

*Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.*

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

## STEP 3--SUBMITTING ONLINE MEET ENTRIES

*Once your athletes are added to your roster, you must submit your entries.*

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.