

## TEXAS A&M HIGH SCHOOL INVITATIONAL

*Gilliam Indoor Track Stadium at the McFerrin Athletic Center  
College Station, TX  
Friday - Saturday, January 8-9*



### **SITE:**

Gilliam Indoor Track and Field Stadium at the McFerrin Athletic Center  
171 Wellborn Rd, College Station, TX

### **ENTRY DEADLINE:**

11:59 p.m. on Tuesday, January 5, 2010

### **ENTRY RESTRICTION:**

This meet is open to enrolled High School Athletes only (9, 10, 11, 12 Grades). Meet management reserve the right to bar any athlete, club, team, organization, school, or institution from participating for any reason.

### **ENTRY FEE:**

1. Entry fees are \$15 per athlete per event and \$25 per relay.
2. All entries will be paid online through Direct Athletics, no exceptions.
3. Late entries will not be accepted.

### **ENTRY PROCEDURE:**

All entries will be entered and paid online through Direct Athletics. Please see the attached document with entry procedures.

### **PACKET PICK-UP:**

Packet pick-up will be available near the clerking area inside the Indoor Football when the facility is available for warm-up/workout. Please see Facility Availability section for times.

### **SPIKES:**

- **ATHLETES WILL NOT RUN IF YOU DO NOT COMPLY WITH THIS RULE**
- The only spike pin allowed for our facility is the ¼" pyramid spike from MF Athletics, 800-693-6052, Item # 463A ¼" Pyramid Spikes.
- The Omni-Lite ¼" spike is **NOT ALLOWED**. The spike measures longer than the Pyramid Spike we allow.
- The use of 1/4" pyramid spikes will be strictly enforced.
- **NO NEEDLE SPIKES OR CHRISTMAS TREE SIKES ALLOWED.**
- No permanent spike shoes allowed.
- Shoes will be checked at last call in the Clerk Area and prior to getting on the track.

## **TEXAS A&M HIGH SCHOOL INVITATIONAL**

### **PARTICIPANT ENTRY, CREDENTIALS AND SEATING:**

- All athletes and coaches must enter through the east doors of the Indoor Football.
- Wrist bands will be provided for all competing athletes.
- Coaches can purchase coaching wristbands for \$15 online through Direct Athletics. Maximum of 5 wristbands per team.
- Athlete and coaches may sit in Section 1 and in the portable bleachers on the west wall next to the shot ring

### **SPECTATOR ENTRY:**

Spectators must enter through the main entrance of the Gilliam Indoor Track and Field Stadium at the McFerrin Athletic Center. Reserved seating is available by calling the Texas A&M Athletic Ticket office at 888-99AGGIE (992-4442).

### **TIMING:**

The meet will be timed by Flash Results

### **MEET RULES:**

- The National Federation of High Schools / UIL rules will apply
- Shot put will use collegiate sectors
- No portable sound systems or personal sound system (mp3, ipod etc) will be allowed in the Indoor Track or the warm-up facility.
- No blocks for the prelims of the 400m on Friday
- Athletes will be disqualified if caught in unapproved spikes.

### **PREFERRED LANES:**

Sprint Races	4-5-3-6-2-7-1-8
200-400	5-6-4-3

### **ADVANCEMENT PROCEDURE:**

- Running Events: In the 60m, 60m Hurdles, 200m and 400m there will be 2 rounds (prelim and final) of competition. The top 16 times will advance from the prelim of the 60m and 60m Hurdles to the final round. The top 12 times will advance from the prelim of the 200m and 400m to the final round. All other events will be contested in sections against time.
- Field Events: In the Long Jump, Triple Jump and Shot Put, each athlete will be given 3 attempts in the trials. The top 9 advance to final immediately following the trials for 3 additional jumps.

### **RUNWAY MARKS:**

White athletic tape may be used on the runways. Chalk and Cones are not permitted

### **POLE VAULT CERTIFICATION:**

Pole vaulters must weigh-in and inspect poles in the presence of his/her coach and the head official. National Federation Track and Field Rules state that competitors weight shall be at or below the manufacturer's pole rating. A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

### **WEIGH-IN:**

The implement room is located under the stands through the Northwest portal, room #102. Implements can be checked-in 2 hours prior to the start of the day's competitions and up to 45 minutes prior to the event. The implement room will be closed 45 minutes after the completion of the last throwing event of the day.

## TEXAS A&M HIGH SCHOOL INVITATIONAL

### FACILITY AVAILABILITY:

The McFerrin Athletic Center Indoor Track and the Indoor Football Facility will be available for teams on:

- Friday, January 8      Track CLOSED for warm-up  
3:00 pm – Indoor Football Facility open for warm-up and packet pickup
- Saturday, January 9      Track CLOSED for warm-up  
7:30 am – Indoor Football Facility open for warm-up and packet pickup

### COMPETITION WARM-UP AND ATHLETE CHECK-IN:

- No warming up will be allowed on the track.
- Warm-up is available in the Indoor Football Field
- Running Events: Report to the clerk ready to run when your event is called.
- Field Events: Athletes must check-in at the clerking area. Flights will be escorted to the event site on the following schedule:

Shot Put, Long Jump and Triple Jump competitors will be allowed at competition venue 35 minutes prior to start of competition. The final 15 minutes will be reserved for competition in the first flight. The remaining flights' competitors will return to the warm-up area. A report call for the next flight will be given at the conclusion of the first round of the flight in progress. At the conclusion of the second round of the flight in progress competitors of the next flight will be escorted to the competition venue.

High Jump competitors will be allowed at competition venue 45 minutes prior to the start of the competition.

Pole Vault competitors will be allowed at competition venue 75 minutes prior to the start of competition.

### HORIZONTAL JUMPS

#### Distance from Board to the Pit

M/W	Long Jump:	11-5 $\frac{3}{4}$
W	Triple Jump:	37' 8 $\frac{3}{4}$ " or 31' 2"
M	Triple Jump:	44' 3 $\frac{1}{2}$ " or 37' 8 $\frac{3}{4}$ "

### HEAT SHEETS AND RESULTS:

Heat sheets will be posted on the website at [aggieathletics.com](http://aggieathletics.com) Thursday January 7 at 5:00 pm. Heat Sheets will also be available in you packet. Event results will be posted at the conclusion of the event in the North Wall of the Indoor Football Facility and in the foyer of the Indoor Track Facility under the stands. Final results will be posted on our website following the completion of the meet.

### RELAY CARDS:

Teams must pick up a relay card in the check-in area, fill out, and return to the clerk before being permitted to run. This should be done at least 20 minutes prior to the start of the 4x400m and 4x800m relays.

### COACHING AREAS:

Will be designated.

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**SEEDING:**

All running events will be seeded and lanes drawn according to times submitted. No changes will be made at the meet.

**EMERGENCY MEDICAL SERVICES:**

Will be provided onsite.

**DRESSING/SHOWER FACILITIES:**

Not Available

**PARKING:**

Please see included map for team and spectator parking.

**AWARDS:**

Awards will be presented.

**UPDATES:**

Please continue to check <http://aggieathletics.com> for any updates on meet information and/or schedules

**PARENT AND SPECTATOR TICKETS:**

Please check our ticket website at <https://www.12thmanfoundation.com/tickets> or click [here](#) or call Texas A&M Athletic Ticket office at 888-99AGGIE (992-4442).

If you have any questions, please email Brian Bancroft at [bbancroft@athletics.tamu.edu](mailto:bbancroft@athletics.tamu.edu) or call 979.845.5823.

**TEXAS A&M HIGH SCHOOL INVITATIONAL**

*Gilliam Indoor Track & Field Stadium at the McFerrin Athletic Center  
Texas A&M University ~ College Station, Texas  
Friday-Saturday, January 8-9*

**TENTATIVE****- DAY ONE -***Friday, January 8***FIELD EVENTS**

6:00 pm	G	Shot Put	Trials & Final
	G	Triple Jump	Trials & Final
	B	Triple Jump	Trials & Final
	B	Pole Vault	Final

**RUNNING EVENTS**

4:55 pm		<i>National Anthem</i>	
5:00 pm	B	400m Dash	Prelim
6:20 pm	G	400m Dash	Prelim
7:40 pm	B	200m Dash	Prelim
8:50 pm	G	200m Dash	Prelim

**- DAY TWO -***Saturday, January 9***Morning Session****FIELD EVENTS**

10:40 am	G	High Jump	Final
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**RUNNING EVENTS**

9:30 am	B	2 Mile	Sec vs Time
10:00 am	G	2 Mile	Sec vs Time
10:40 am	B	60m Hurdles	Prelim
11:25 am	G	60m Hurdles	Prelim
12:10 pm	B	60m Dash	Prelim
12:55 pm	G	60m Dash	Prelim

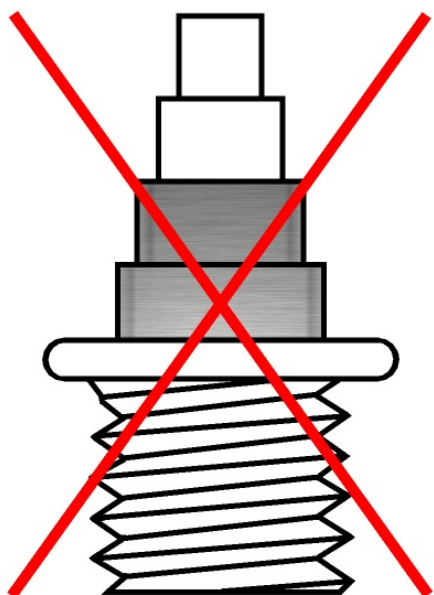
**Afternoon Session****FIELD EVENTS**

4:00 pm	B	Shot Put	Trials & Final
	G	Long Jump	Trials & Final
	B	Long Jump	Trials & Final
	B	High Jump	Final
	G	Pole Vault	Final

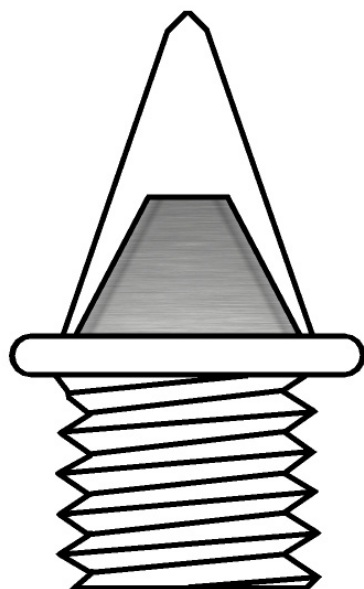
**RUNNING EVENTS**

3:55 pm		<i>National Anthem</i>	
4:00 pm	G	4x800m Relay	Sec vs Time
4:15 pm	G	Mile Run	Sec vs Time
4:45 pm	B	60m Hurdles	Final (2 Section Final)
3:55 pm	G	60m Hurdles	Final (2 Section Final)
4:05 pm	B	400m Dash	Final (3 Section Final)
4:15 pm	G	400m Dash	Final (3 Section Final)
4:25 pm	B	60m Dash	Final (2 Section Final)
4:35 pm	G	60m Dash	Final (2 Section Final)
4:45 pm	B	200m Dash	Final (3 Section Final)
5:00 pm	G	200m Dash	Final (3 Section Final)
5:15 pm	B	4x800m Relay	Sec vs Time
5:30 pm	B	Mile Run	Sec vs Time
6:00 pm	B	4 x 400m Relay	Sec vs Time
	G	4 x 400m Relay	Sec vs Time

# Texas A&M Track & Field

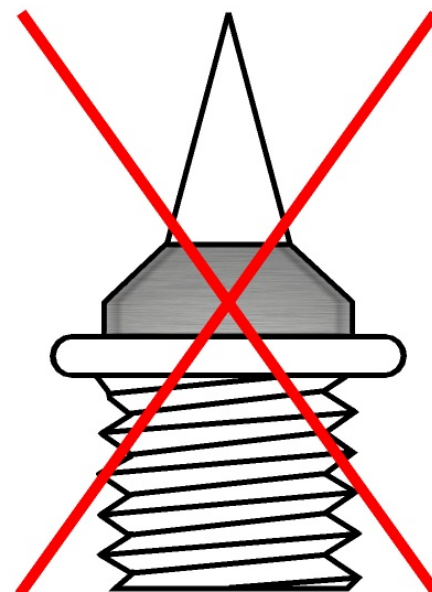


**NO**  
**Christmas**  
**Tree Spike**  
**Pins**



**1/4"**  
**Pyramid**

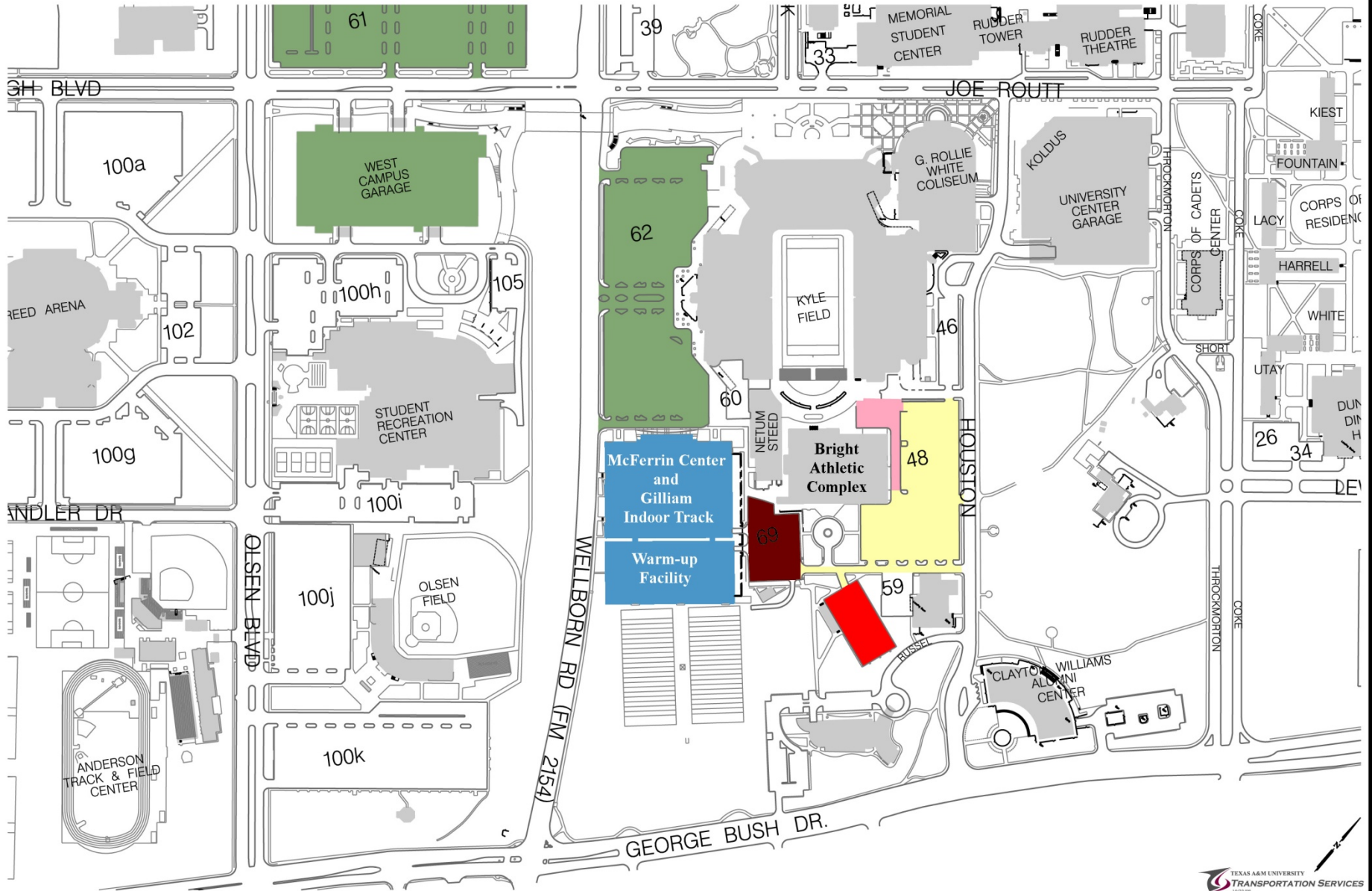
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MF Athletics  
800-693-6052



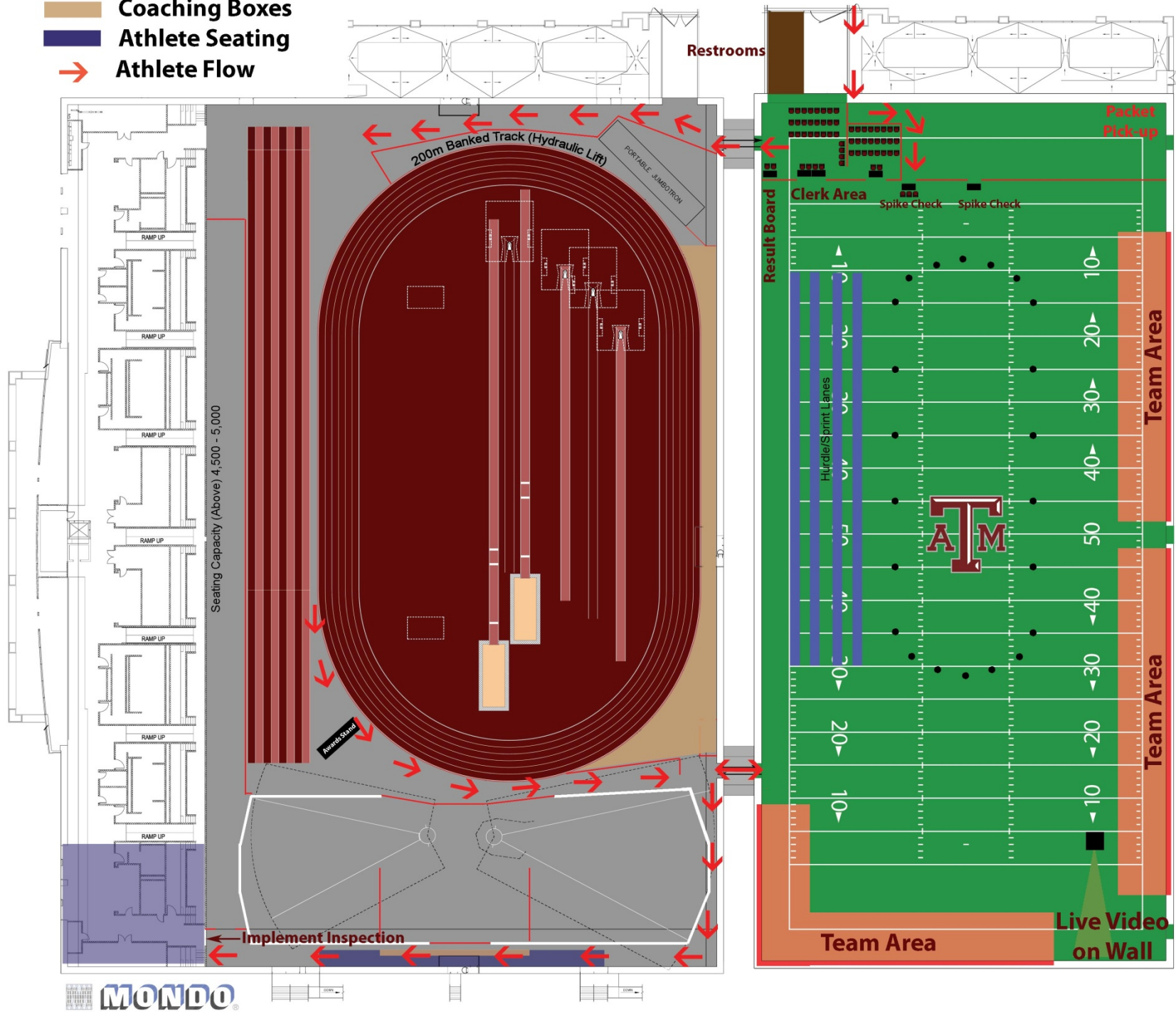
**NO**  
**Needle**  
**Spike**  
**Pins**

# Indoor Track Event

- Public Parking
- Staff Parking
- Officials Parking
- Team Bus Parking
- Team Van Parking



- Coaching Boxes
- Athlete Seating
- Athlete Flow





## How to Submit Online Entries

\*\*\*NOTE: After all of your athletes have been added to your online roster (Step 2), you must submit your roster/entries to the meet by clicking the green “Register” link. (Step 3 below) Your rosters/entries are not submitted until you complete Step 3.\*\*\*

### STEP 1—Access your DirectAthletics Account

*Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.*

If you already have a DirectAthletics account for your Cross Country team, and know your username and password....	If you do NOT know your username and password....
1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 2) In the login box, enter your username and password and click Login.  (Remember that your password is case-sensitive)	1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 2) Click on the link “New User? Click HERE”. 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

**NOTE ABOUT ACCOUNTS:** Most coach accounts control a school's Men's AND Women's team. 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:

**Sport:** Track and Field

**Team:** Trinity College School (M)

This indicates that you are controlling the Trinity College School MEN'S team (M=MEN). To switch to your Women's team, you would select “Trinity College School (W)”.

### STEP 2—Edit/Set 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) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.*

- 1) Upon logging in, click the TEAM tab.
- 2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click “Import Track Roster” which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 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 click the TEAM tab.

### STEP 3--Submit Your Roster/Entries

Once your athletes are added to your roster, you must submit your roster to the meet.

- 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) Check off the box for each athlete you wish to enter. You can check the “All” box to select (or un-select) your entire roster.
- 3) When you have completed your entries, click “Submit”. You MUST click “Submit” to submit your entries.
- 4) You will see your current, submitted entries on the “View Entries” page. At any time before the entry deadline, you may edit your entries by clicking the “Edit Entries” link.
- 5) For entry confirmation, simply print the “View Entries” page or click the Email Confirmation link at the top of the “View Entries” page. An Email Confirmation will be sent to the email address in your account.