

21st Annual Jock's Nitch/ PSU Gorilla Relays

Friday, April 9, 2010

MEET INFORMATION

- SITE:** Prentice Gudgen Track • Carnie Smith Stadium • Pittsburg State University
- START TIME:** 3:00 p.m. Field Events 3:30 p.m. Running Events
- ENTRIES:** Entries will be accepted **on-line only** at the following web site:
<http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=2653>
It is important that you follow the instructions listed on the site. Entries will be accepted through this web site beginning March 29th and ending at **8:00p.m., Wednesday, April 7th**. No additions or substitutions will be taken after this time. **Please use the proper format when entering marks** (explained on the entry web site). These marks are downloaded directly into the seeding software. Marks entered will be printed on the heat sheets handed out. You can go back to the entry web site and update your entries any time before the entry deadline. However, **once you click the 'declare' button, your entries are final and cannot be changed.**
- ENTRY LIMIT:** You may enter up to 3 athletes per event and one team per relay.
- DECLARATIONS:** Coaches **must declare** their teams on the entry web site, but please **do not click the 'declare' button until your entries are final.** The declaration deadline is **Wednesday, April 7th at 8:00 p.m.** **If you do not declare, your team's entries cannot be downloaded into the computer!** We will email declaration reminders out prior to the declaration deadline. Due to firewall settings at schools, **don't** rely on receiving a reminder!
- ENTRY FEE:** \$15.00 per individual with a maximum of \$120 per team. Girls and boys teams are separate. Make check payable to PSU Gorilla Relays. Teams are charged for **original** entries. No refunds if teams and/or individuals are scratched after declaration deadline. Please pay entry fee upon arrival to stadium in the concessions stand on the east side.
- *NEW FOR 2010*** **This year we are adding a 2000m Steeplechase to the schedule. Also we are going to improve our PA announcing of the meet. We will send coaches an email with a form attached that they can fill out so we can share accolades at the track meet. For example: Joe Smith was a State Champion in the 2009 Kansas 5A 200m Dash. We would like to be able to acknowledge the talent that is participating in the Gorilla Relays. The form will be sent out 2 weeks in advance of the meet.**
- REGISTRATION:** All coaches must check-in to pick up packets and pay entry fee in the concessions stand under the east stadium. Meet day scratches will be accepted at this time to help make the meet run smoothly. No additions or substitutions, please. Coach's packets with heat sheets and updated time schedules will also be distributed at registration.
- PV FORMS** All pole vaulters will be required to have a Pole Vault weight verification form to submit upon check-in at the pole vault competition site. The form will be available on our website to be downloaded and brought with you the day of the meet.
- HONEST EFFORT:** The honest effort rule will apply in the High School Gorilla Relays. This rule is as follows: Any athlete who starts the meet and chooses not to compete in an event in which he/she is already entered will be scratched from all remaining events in which he/she is entered.

- OVERLAPPING EVENTS:** Athletes who are competing in two events at the same time will be allowed to jump or throw out of order within the assigned flight of a field event [or in a different flight in necessary] during the prelims. All excused competitors must complete their preliminary attempts by the end of the last flight of competitors. The finals will not be delayed for excused athletes. In the high jump and pole vault athletes may, with the permission, jump out of the listed order. The competition will continue in the excused competitors' absence, and the competitor shall compete at the existing height upon their return, being allowed the number of attempts they had remaining when excused. If a competitor is not present for an attempt before the bar is raised, he/she will be credited with a 'pass'. Athletes will not be allowed to switch heats or lanes in any running event. Please tell your athletes to check out and check in with the head judge in the field events that overlap.
- AWARDS:** Medals awarded to top 3 in each event. Plaque awarded to the winning girls and boys teams. Awards can be picked up in the east side concessions stand where check-in occurred.
- FACILITIES:** Polyurethane surface with eight 42" lanes on the straight and seven on the oval. Jumping areas are all polyurethane; shot and discus areas are concrete; javelin area is polyurethane. All throw areas are located southeast of the Weede P.E. building.
- RESULTS:** Results will be available approximately 20 minutes after the conclusion of the meet and will be announced and posted during the meet. Results will also be available on our websites:
http://www.pittstategorillas.com/home/men/track_field/
http://www.pittstategorillas.com/home/women/track_field/
- SPIKES:** **1/8" or 1/4" pyramid spikes only. No needle or pin spikes. Violators will be disqualified.**
- SCORING:** Team scores will be kept as follows: 10-8-6-4-2-1.
- TEAM AREAS:** Please keep all team camps in the grandstands. Only those athletes warming up for an event will be allowed on the infield. Please keep tents and canopies in the top row of the bleachers so others can see the track.
- ELECTRONICS:** All electronic devices are prohibited on the track or in the infield. **Violators will be disqualified.**
- T-SHIRTS:** Commemorative Gorilla Relays T-shirts will be available for purchase in the concessions stand under the east side stadium. They will be available for purchase upon arrival to the stadium.
- CONCESSIONS:** Concessions will be sold in the concessions stand under the east stadium.
- HOSPITALITY:** Coaches' Hospitality Room with food will be provided, two passes will be allotted per girl's team and two passes allotted for boy's team for admission to hospitality room.
- SANCTIONING:** The meet will be fully sanctioned through the KSHSAA and NFHS for Kansas, Missouri and Oklahoma high schools.
- PARKING:** All team vehicles can park in the Brown lot on the East side of Carnie Smith Stadium, and in the east and west side parking lots at the Weede Physical Education Building.
- MORE INFO:** Call Brian Mantooth at (620) 235-4652 or Erma Spies at (620)235-6150