

19th Annual Jock's Nitch/ PSU Gorilla Relays
Friday, April 11, 2008

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=1824>
It is important that you follow the instructions listed on the site. Entries will be accepted through this web site beginning April 2 and ending at **8:00p.m., Wednesday, April 9**. 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.**
- 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 9 at 8:00 p.m. If you do not declare, your team's entries cannot be downloaded into the computer!**
- ENTRY FEE:** \$10.00 per individual with a maximum of \$100 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 at tent on the infield.
- CHECK-IN** All coaches must check-in upon arrival to the stadium at the tent on the infield. Meet day scratches will be accepted at this time to help make the meet run smoothly. Coaches 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.
- 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.
- AWARDS:** Medals awarded to top 3 in each event.
- 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 east of the Weede P.E. building.
- RESULTS:** Results will be available approximately 30 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/w_track_field/
http://www.pittstategorillas.com/m_track_field/

- SPIKES:** 1/8" or 1/4" pyramid spikes only. No needle or pin spikes.
- 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.
- T-SHIRTS:** Commemorative Gorilla Relays T-shirts will be available for purchase.
- HOSPITALITY:** Coaches' Hospitality Room will be provided (location TBA).
- SANCTIONING:** The meet will be fully sanctioned through the KSHSAA and NFHS for Kansas, Missouri and Oklahoma high schools.
- MORE INFO:** Call Erma Spies at (620)235-6150 or Anton Stewart at (620) 235-4652.