

2011 SDEAA Track and Field Conference Meet
Wednesday, May 11, 2011 | Lemont High School
Field Events start at 4:15 pm | Running Events start at 4:30 pm

Old Quarry will host the SDEAA Track and Field Conference Meet at Lemont High School. We have posted all the pertinent meet information here and will handle any questions via email or phone calls. If you do have any questions, please contact Dennis Kennedy or Brian Holdman at the following location:

Dennis Kennedy
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Office 630.257.2286 x 4246

Brian Holdman
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1. NEW: Online Entries for SDEAA Track and Field Conference Meet **Updated 4/19**

The meet is set up electronically with sydexsports. Go to the following link <http://www.sydexsports.com/html/trwebmain.htm> I have also included the instructions straight from the sydex website. <http://www.sydexsports.com/netfiles/trcoachinst.htm> Please only submit your online entries once. Changes can only be made through a separate e-mail sent directly to Tom Kokenes at tom@mail.lemont.k12.il.us. This includes any substitutions or changes. In your e-mail include your school name, athlete that is being replaced and the name, mark/time of your new athlete.

2. NEW: Preliminaries/Finals for 100/110 Meter Hurdles and 100 Meter Dash

The top two individuals from each preliminary heat plus the next top two times regardless of heat will advance to the finals of both the 100/110m Hurdles and 100m Dash. If your athlete qualifies for the Finals in either event, please remind them to report to the starting line. We will make an announcement and post those who advance to help remind them. The Finals will be seeded by the time they ran in their preliminary heat.

3. 100/110 Meter Hurdles for Girls/Boys

Reminder that the **girls will be running 100 Meter Hurdles** and the **boys will be running 110 Meter Hurdles**. The IESA describes these events as follows (as a modification to the National Federation Rules).

100-meter low hurdles for girls are 30" (.762 meters) in height with 42 ft. 8 inches (13 meters) to the first hurdle and 27 ft. 10 3/4 inches (8.5 meters) between each hurdle. There are 10 hurdles in this race. 110-meter low hurdles for boys are 30" (.762 meters) in height with 45 ft. (13.716 meters) to the first hurdle and 30 ft. (9.144 meters) between each hurdle. There are 10 hurdles in this race. [5-3-8]

3. Athletic Trainer

An athletic trainer from Athletico will be available starting at 3:30 pm on the day of the meet.

4. No Jewelry

No athlete will permitted to compete in any running or field event if they are wearing any sort of jewelry. Please remind your athletes to remove all jewelry prior to the start of the event.

5. No Electronic Devices

No athlete is permitted to have or use electronic devices in the competition venue. This includes MP3 players, cellular phones, portable gaming devices, watches, etc.

6. Uniforms

All athletes must wear school issued uniforms as they were designed to be worn. For example, shirts need to be tucked in and shorts cannot be rolled up at the waistband. Relay team members should have **identical uniforms and identical colored undergarments.** For example, a relay team CANNOT have 3 runners wearing a white undershirt and 1 runner wearing a black undershirt. However, 3 runners CAN wear a white undershirt and 1 runner wearing no undershirt.

7. Spike Length

Lemont High School has asked us to remind all athletes that only **1/4 inch or shorter pyramid style spikes** are allowed on the track surface. Spikes will be checked prior to events for compliance.

8. Athlete Entry Restrictions

Any individual athlete may participate in a maximum of 4 events. Breaking from IESA rules, there is **no restriction on the type of events for this meet.** An athlete may compete in any 4 events. In the case of an athlete who is marked as an alternate for a relay, if that alternate athlete does not compete in that relay, they are not charged with that relay towards their 4 events. At the beginning of the meet, a formal declaration of athletes on a relay team must be made via relay card.

9. Event Entry Restrictions

In each individual event a maximum of **2 boys and 2 girls can compete from each school.** In relay events, only **1 boys relay team and 1 girls relay team** can be entered. During the online entry process, you will be asked only to designate whether it is a boys or girls relay team and their top time.

10. Relay Cards

Relay cards will be distributed in your school's packet when you arrive. They are also posted online. It is your choice to fill out the relay card prior to coming to the meet or when you arrive. All relay cards must be turned in by the start of the meet (**Wednesday, May 11 at 4:15 pm**). Reminder- for relay events you must enter 4 primary runners and 1 alternate. Attendance will be taken by the clerk prior to racing to confirm the actual runners to ensure athletes are not competing in more than 4 events in the meet.

11. Seeding

It is important to **enter accurate seed times and marks** for all your athletes and relay teams. This allows athletes to be properly placed in their event. Athletes without a seed time will be randomly seeded and will not receive preferred lane assignment. This may also prevent the best runners from running head-to-head if multiple heats are required. For the best competition for your athletes, make sure your entries have accurate seed times and marks.

13. Calls for Events

We will make a "**First Call**", "**Second Call**", and "**Final Call**" for all events over the public address system. Please make sure your athletes are listening to these calls. Any athlete who fails to report after the final call will be scratched from the event.

14. Shot Put Implements

The IESA modification to the National Federation Rules on Shot Put are as follows:

Shot put should weigh a minimum of 8 pounds, 13 ounces (4.0 kilograms) with a diameter of 3¾" to 4¼" (9.50 to 11.00 centimeters).

Lemont High School will have a 4.0 kg shot put available for athlete use so **you do not need to bring your own shot put implement. No personal shot puts will be allowed.**

15. Warm-Up Supervision

In accordance to IESA guidelines, no warm-ups will be allowed at any field event venue without **supervision by a coach or event official.**

16. Spectators

Athletes, coaches, and other spectators must **stay clear of the track and field event venues** when an event is in competition. **Interference by a spectator to a competitor may result in a disqualification.**

17. Keeping the Finish Line Clear

We ask that **all coaches, athletes (not in competition), and team assistants please keep clear of the Finish Line.** The timers and pickers need a clear view of the line and athletes to get accurate times and places. Coaches, please let your team know that this area is restricted in all fairness to the athletes competing in the current race. All times and places will be posted/distributed to the teams as soon as they are processed.

18. Scoring

Because we have 9 teams competing, scoring will match Federation standards for 6+ teams and 6 scorers. Relays and individuals score the same: **1st = 10 pts | 2nd = 8 pts | 3rd = 6 pts | 4th = 4 pts | 5th = 2 pts | 6th = 1 pt.** Ties will be broken per rules for that specific event.

19. Awards **Updated 4/19**

Please have your teams stay until after the final event is run and the awards are passed out. Results will take a few minutes to tally, score, and print out after the final event. Afterwards, full results, ribbons, trophies will be given to each team. **1st – 6th place will receive place ribbons. 7th and 8th place in each event will receive a participation ribbon.**