

Please respond by email to confirm that you received this and that you will be coming on Feb9th.

travis.mihalik@dcssga.org

2019 Chapel Hill All-Comers Season Opener

Password: **chhs1**

Entries Due: Wed. **Feb 6th Midnight**

Coaches,

We are looking forward to our Chapel Hill Season Opener Meet. Included are some important materials for you to look over before the meet. I also want to remind you of a few items:

Entry Fee: \$150 please mail checks to Chapel Hill HS-4899 Chapel Hill Road. Douglasville, GA 30135 or bring them with you.

Medals/Trophies: Team Trophy to the Top Men and Women Teams.

Entries: All meet entries will be done online. Below is a document showing how to do your entries. They are due WED **Feb 6th** at Midnight. Please do not wait until the last minute because you have to register your team on the site and that takes a couple days. You can begin doing entries now.

Substitutions: You can make free substitutions during the meet. However, I will not change the names after you send in your entry. Just have an athlete run in the place of the entered athlete. **NO ADDITIONS** to your entries.

How you can help: We will need your help in running the field events. Please email me your staff preference of running an event.

Limits to entries: I ask no more than 6 Maximum Relays per team.

Uniforms: Make sure that your athletes are wearing regulation uniforms. We also must abide by GHSA and national federation rules, so please advise your athletes about electronic devices and some of the other newer rules.

Facilities: We will have full concessions and bathrooms available. We ask that you not set up tents on the infield. All of the visitor stands and everything right of the press box (away from finish line) are reserved for teams. We have a small warm up area behind the home stands. We ask you to please keep your athletes off the infield except for hurdlers and away from the timing system, and finish line.

Heats/Trials: Heats will be run as a final against the clock. No prelims. 3 trials in the long and triple, shot and discus.

Results:

We will have live results through First Call Timing

Schedule of Events (Rolling Schedule):

9:30 AM Coaches Meeting-Center of Football Field

10:00 AM Field Events Begin

First Attempt will be measured then athlete must meet more than then the minimum mark.

Pole Vault –HS Girls, HS Boys together on pit
Girls Height – 6’6” Boys Height – 7’6”

Discus – Girls- 60’ Boys –90’

Shot – Girls – 25’ Boys – 35’

Triple Jump – Girls-30’ Boys 38’

Long Jump- Girls 14’ Boys -18’

High Jump- Girls then Boys (Five Alive)

Opening Height Girls: 4’6” and Boys: 5’4”

10:00 AM: Boys: Discus, Long Jump

Girls: Shot Put, Triple Jump, High Jump

All Pole Vault Girls then Boys

11:00 AM: Girls and Boys 1600 Meter Run

11:15 AM: Boys: Shot Put, Triple Jump, High Jump

Girls: Discus, Long Jump

First Call 12:00

I would estimate running begins around 12:30pm (Rolling Schedule)

GIRLS THEN FOLLOWED BY BOYS

4x100 Meter Relay

400

100

4x800 Meter Relay-1 entry per team

800

4x200 Meter Relay

300 Hurdles

3200 (2 Heats) Girls then Boys

4x400 Meter Relay

INSTRUCTIONS FOR ENTERING THE MEET WITH THE

Here is the FAQ which explains what coaches need to do to register for a meet.

<https://www.milesplit.com/articles/213576>

That information is here:

How do I register for a meet?

1. **Login or Register** - You must have a user name and password for Milesplit. To get that, if you don't have one, click register in the top right gray MileSplt bar directly under the Universal Sports logo and search box.
2. **Claim Your Team** - If you haven't already set this up, you must be registered as a coach or team administrator to register for a meet In order to get set up, you go to your team page, and at the top right, click "Claim This Team". Choose either that you want to be a coach or team admin. Follow the instructions on that page. \ Apply and submit. Once you do that and are approved (usually within a few hours), you will receive a confirmation email and you'll be set to go to the next step.
3. **Update Your Roster** - If your team's roster is not already up to date, now is a good time to get any corrections made and add any additional athletes to it. Go to your team page, login, and you will see button that says "Team Administration" to the right of your team's name. Click that and then click roster on left hand toolbar. Enter or update your roster, adding any new athletes. To move graduated athletes to Alumni, simply add their graduation year and hit save.
4. **Enter the Meet** - Go to the season calendar and click on the green meet registration button of the meet you want to enter. Read and follow the instructions carefully and fill out the form completely. Once entered you'll see all of the available events/races listed out. To put your athletes into these events/races click the "Edit Entries" link by the event. On the following page, check the athletes you want in the race (putting in seed times if applicable), and click the save button at the bottom. Do this for each event/race. You will be able to change and update these entries until the entry deadline.