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2019 Chapel Hill All-Comers Invite

Password: **chhs1**

Entries Due: Thursday. **Feb 21st, 2019 – 11pm**

Coaches,

We are looking forward to our Chapel Hill All Comers 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

I have received payment from the following schools: Starr's Mill, Riverwood, and South Paulding so far.

Medals/Trophies: We will award the top Team for Boys and Girls!

Entries: All meet entries will be done online. Below is a document showing how to do your entries. They are due **THURSDAY Feb 21st at 11:00pm**. Please Look at the Map Below for the throwing venue.

Substitutions: You can make substitutions during the meet. Just have an athlete run in the place of the entered athlete. You will have to go to the timing table to make the change in regards to name but have the athlete check in as the original entry. I ask **NO ADDITIONS** to your entries please.

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 4 Relays per team.

Uniforms: Make sure that your athletes are wearing regulation uniforms. We also must abide by GHSA and national federation rules.

Facilities: We will have full concessions and bathrooms available. We ask that you set up tents at the top of the bleachers. All of the visitor stands and everything right of the press box (away from finish line) are reserved for teams. We have a 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. All athletes will need to warm-up behind the stadium.

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

Results:

Live Results will be at www.firstcalltiming.com

Trainer: Will be on site all day

Lunch: We will have Zaxby's – Please give me a head count for your staff.



CHAPEL HILL TRACK AND FIELD



ALL COMERS-INVITE

Schedule of Events

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 (6’6”), HS Boys (7’6”) together on pit

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 (4’4”) then Boys (5’4”)

10:00 AM: Boys: Discus, High Long Jump

Girls: Shot Put, Triple, High Jump

All Pole Vault Girls then Boys

11:00AM: Girls and Boys 1600 Meter Run

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

Girls: Discus, Triple, High Jump

First Call 12:00

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

GIRLS THEN FOLLOWED BY BOYS

4x100

400

100

100/110 Hurdles

800

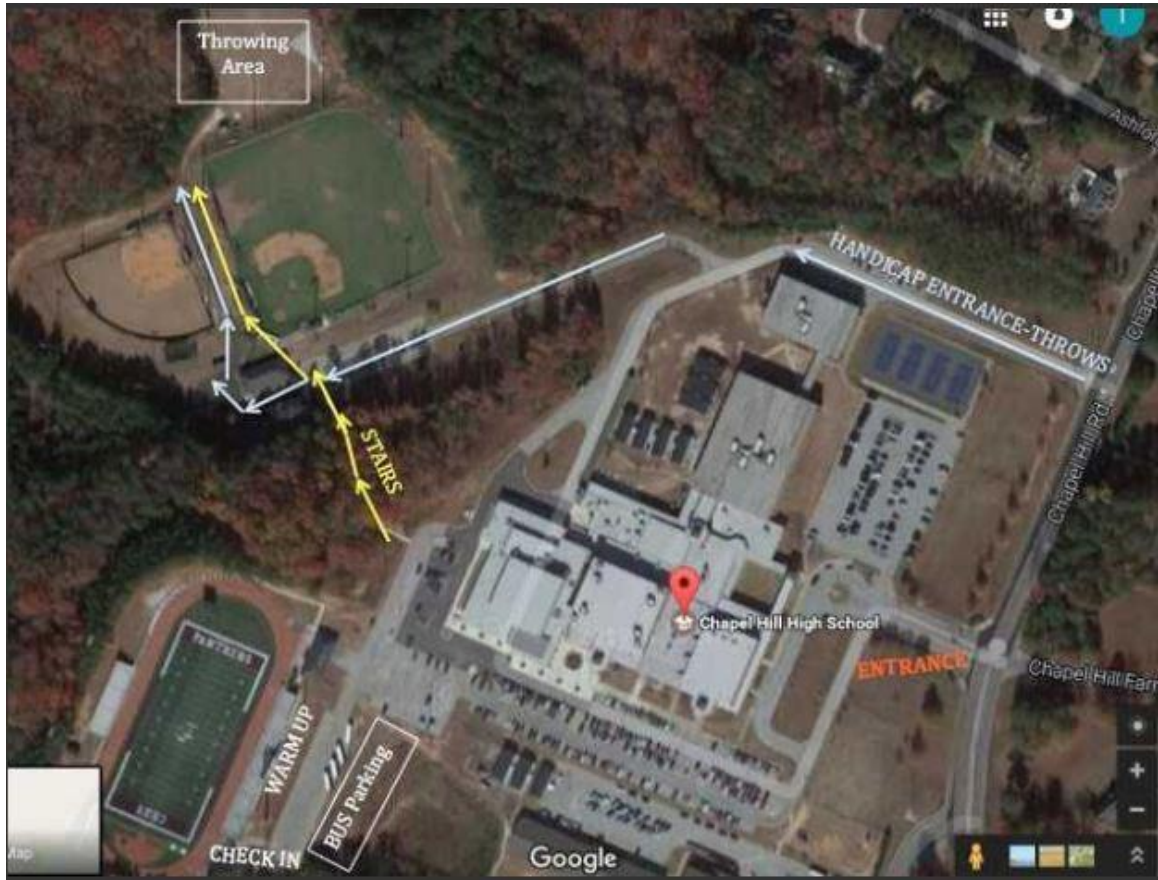
200

300 Hurdles

3200 Run

4x400

MAP OF CHAPEL HILL HIGH SCHOOL



INSTRUCTIONS FOR ENTERING THE MEET WITH THE

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

<http://ga.milesplit.us/help/faq/meetreg>

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 MileSplit 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.