



Liberal High School Invitational Track Meet

Redskin Field
1611 W 2nd St.
Liberal, KS 67901

- To:** Booker, Dodge City, Guymon, Holcomb, Hooker, Hugoton, Perryton, Scott City, Stratford, Ulysses
- Date:** Friday, April 5, 2019
- Parking:** Buses may park in the parking lot to the east of Redskin Field, by the middle school football field.
- Awards:** Individual awards will be given to the 1st-5th place finishers, including relays
- Scoring:** Scoring will be done basis of 10-8-6-4-2-1.
- Locker Rooms:** Facilities are limited; we ask that your athletes come dressed to participate. Restrooms will be available.
- Schedule of Events:**
- | | |
|------|---|
| 1:00 | Javelin, High Jump & Pole Vault Start |
| 1:30 | Coaches Meeting/Scratch Meeting--Southeast Concession Stand |
| 2:00 | All other field events begin |
| 3:30 | Approximate time for start of Running Events--Finals ONLY |
- Athletic Trainer:** Steve Zimmerman LAT ATC will be on site and available to assist. His camp will be near the finish line in the southwest corner of Redskin Field.
- Admission:** FREE
- Entry Fee:** \$100 per Varsity Team (ex. Boys and Girls Varsity=\$200; Just Girls=\$100)
\$50 per JV Team (ex. Boys and Girls Varsity=\$100; Just Girls=\$5)
- Inclement Weather:** In the event of severe weather, all spectators, competitors, coaches, and workers must evacuate Redskin Field. Liberal High School Gym will be open and available for shelter and safety.
- Concession Stand:** Concession stand will be open on the west side of the stadium
- Hospitality:** A hospitality room will be available to coaches and workers. The hospitality room will be located in the east concession stand.
- Next Year:** The meet will be held on April 10th, 2020

Facilities

- Running Surface - Polyurethane surface with 8 lanes -- ¼ inch spikes will be allowed
- Runways - Pole Vault, Long Jump, Triple Jump and High Jump are polyurethane surface. Same spike rules apply.
- Javelin Runway - Grass
- Throwing Rings - Shot put and discuss rings are concrete

Entries:

- **Completed online at www.directathletics.com by Thursday, April 4th by 12:00pm(noon). No additions after that time will be allowed. Please see the last page for information of how to input those entries.**
- Make all running event scratches in the coaches meeting. Field event scratches can be done at that event. No additions will be allowed at the coaches meeting.
- You may enter 3 per individual event and 1 team per relay.
- Provide pole vault verification and sportsmanship forms at the coaches meeting
- There will be one division of Varsity Boys, JV Boys, Varsity Girls, and JV Girls
- Jury of appeals will consist of coaches from five participating schools
- Medals will be bagged and can be picked up by the coaches following the meet
- Official results can be found on Direct Athletics or emailed following the meet

Race Details:

- All places will be determined by time. No prelims, only finals. Enter best times, fastest runner first
- Field events will have four throws or four jumps. No finals
- Hip numbers will be available near the clerk at check-in

Starting Heights

	Varsity	JV
Men's Pole Vault -	10'	9'
Women's Pole Vault -	7'	6'
Men's High Jump -	5'6"	5'
Women's High Jump -	4'6"	4'

Order of Events

- 1:00 PM - Pole Vault (Var. Boys, JV Boys, Var. Girls, JV Girls)
High Jump (Var. Girls, JV Girls, Var. Boys, JV Boys)
Javelin (Var. Boys, JV Boys, Var. Girls, JV Girls)
- 2:00 PM - Varsity Shot Put (Girls, Boys)
JV Shot Put (Girls, Boys)
Varsity Discuss (Boys, Girls)
JV Discuss (Boys, Girls)
Long Jump (Var. Boys, JV Boys, Var. Girls, JV Girls)
Triple Jump (Var. Girls, JV Girls, Var. Boys, JV Boys)

**Order of Events
(cont.)**

2:15 PM - Varsity 1600 M

approx. 2:30 - JV 3200 M

3:30 - Running Events Being (JV will race first, followed by Varsity)

Girls 4 x 800 M Relay

Boys 4 x 800 M Relay

Boys 110 M High Hurdles

Girls 100 M High Hurdles

Girls 100 M Dash

Boys 100 M Dash

Girls 1600 M Run (JV ONLY)

Boys 1600 M Run (JV ONLY)

Girls 4 x 100 M Relay

Boys 4 x 100 M Relay

Girls 400 M Dash

Boys 400 M Dash

*****Senior Recognition*****

Girls 300 M Low Hurdles

Boys 300 M Intermediate Hurdles

Girls 800 M Run

Boys 800 M Run

Girls 200 M Dash

Boys 200 M Dash

Girls 3200 M Run (Varsity ONLY)

Boys 3200 M Run (Varsity ONLY)

Girls 4 x 400 M Relay

Boys 4 x 400 M Relay

Ashley Kappelmann, Principal

Ashley.kappelmann@usd480.net

620-604-1202

Chad Baalman, Asst Principal/AD

Chad.baalman@usd480.net

620-604-1213

Brianna Ruiz, Activities Secretary

Brianna.ruiz@usd480.net

620-624-1218

Trace Haskell, Coach

Trace.haskell@usd480.net

316-619-7315

Marcus Calleja, Coach

Marcus.calleja@usd480.net

620-604



How to Submit Online Entries

STEP 1—Accessing your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
1. Go to www.directathletics.com 2. In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1. Go to www.directathletics.com 2. Click on the link "New User? Click HERE". 3. Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT ACCOUNTS:** Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field**Team:** Liberal HS (M)

This indicates that you are controlling the Liberal HS MEN'S team (M=MEN). To switch to your Women's team, you would select "Liberal HS (W)".

STEP 2--Setting up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

1. Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
2. If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
3. Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
4. Enter your athletes First Name, Last Name and School Year and click "Submit".
5. **NOTE ABOUT UNATTACHED ATHLETES (Colleges only):** Colleges will see an "Unattached" box on this page. If you are a college coach entering an unattached athlete, check the "Unattached" box.

6. You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green “Add Athletes” link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red “Delete Selected” link or the blue “Edit Selected” link respectively.

STEP 3--Submitting Online Meet Entries

Once your athletes are added to your roster, you must submit your entries.

1. In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
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2. If prompted, choose an entry method. We HIGHLY Recommend using the NEW, “Enter by Athlete” method.
3. Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
4. When you are finished with your entries, click the “Finish” link.
5. You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
6. To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.