

Louisiana Middle School

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LMS INVITE GENERAL INFORMATION SHEET

Teams competing:

Louisiana, Bowling Green, Clopton, Elsberry, and Winfield

1. The LMS Quad will be held on Wednesday, April 25, 2018. There will be a coaches meeting at 3:30 pm in the middle school cafeteria. Field events will begin at 4 PM; running events will begin at 4:30 PM. All events will be run as finals.
2. Entries will be made on www.athletic.net . Entries are due by Tuesday, April 24th by noon. **NO SUBSTITUTIONS WILL BE ALLOWED THE DAY OF THE MEET, ONLY SCRATCHES.**
3. 7th and 8th grade students may compete in a maximum of 4 track and field events, with a maximum of three events being running.
4. A school is limited to four competitors per event, and two teams per relay.
5. Medals will be awarded for the top three places in each event.
6. All personnel, other than officials or contestants must stay off of the track and the infield. This includes coaches. Sections in the stands will be available for coaches and team members not participating in an event in progress.
7. Everyone is asked to please stay off of the football field.
8. All pole vaulters' body weight must be included on the entry form. Vaulter's body weight must not exceed manufacturer's weight on the pole. The coach must initial the event card prior to the meet.
9. Coaches and administrators are responsible for supervision. Please have your athlete's pick-up your team camp.
10. All contestants must wear official school uniform in accordance with the National Federation Track Rules.
11. Dressing facilities **WILL NOT BE AVAILABLE**. Please have your athletes dressed and ready to participate.
12. **DO NOT BRING STARTING BLOCKS**, they will be provided.
13. Meals will not be served, but a concession stand will be available.
14. Shot, discus, long jump and triple jump shall have four trials, no finals. Long jump and triple jump shall be run cafeteria style, with a one-hour time limit. A contestant may take two throws

in a row. All shot and discus implements will be pooled. An athlete must pool their implement at the beginning of the event, and cannot take the implements until the event is completed.

- 15. We have some volunteers to help run events. Coaches will be asked to help where needed.**
- 16. Relay athletes and alternates rule will be in effect as per the National Federation Rule Book.**
- 17. All medals and meet results will be placed in a packet for coaches to pick-up after the meet. Please stay out of the press box.**

A schedule of events and instructions for entering entries via athletic.net are included. If you have any further questions, please contact:

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**Order of Events
LMS INVITE
4-25-18**

Field Events – Start at 4:00 P.M..

Girls Shot Put – Followed by Boy's Shot

Boy's Discus – Followed by Girl's Discus

Girl's High Jump – Followed by Boy's High Jump

Boy's Triple Jump – Followed by Girl's Triple Jump

Girl's Pole Vault – Followed by Boy's Pole Vault

**The long jump will be held immediately following the girl's triple jump and will follow the following:
Boy's Long Jump followed by Girl's Long Jump**

Running Events – Start at 4:30 P.M. and follow the following order (girls/boys):

100 Hurdles

100 Meter Dash

4X200 Meter Relay

1600 Meter Run

4X100 Meter Relay

400 Meter Dash

800 Meter Run

200 Meter Dash

4X400 Meter Relay

LMS INVITE - Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	4/25/18	Host	Louisiana
Location	Louisiana Middle School - 3321 W. Georgia Street, Louisiana, MO, MO	Director	
Region	Missouri	Email	
Field Start	4:00pm	Phone	
Track Start	4:30 PM	Website	http://bulldogactivities.org/

1. Locate your team and sign up for a free coach account (if you don't have one.)

- Go to www.Athletic.net
- Go to the appropriate level under Track & Field (HS, MS, College, or Club)
- Locate your state, then your team
- On your team page, click "**Sign Up Here**" in the "Info for Coaches" box
- After receiving the confirmation email, proceed to step 2

2. Enter your season calendar

- Sign into www.Athletic.net with your email and password, and click your team name in the left navigation menu
- Click "**Edit Calendar**" on the Coach Tools bar near the top of your team page
- Next to "T&F Meet" select the date **4/25/2018** and click **Add Meet by Date >**
- For Region, select: **Missouri**
- Click **Select** on line that says: **Louisiana Middle School , Louisiana, MO, LMS INVITE**
- Review the information and click **Save**
- Repeat for the rest of your calendar
- Verify meets on the "Edit Calendar" page. Click "Edit" next to a meet to correct.

3. Enter past meet results to be used as seed times

Seed times for entries are automatically drawn from past results. Some hosts will accept "override seed marks" entered on the meet registration page, but it is best to enter the marks as results in your past meets.

- Click "**Enter Meet Results**" from the Coach Tools bar, on your team page
- Add an athlete to the roster (repeat for all athletes)
- Select a gender and an **older meet** from the drop-downs near the top
- Select an event

- In the "Edit/Add Results" box, enter the last name of athlete, result and place
- Click "**Add**"
- Repeat for each result

4. Register athletes for the LMS INVITE

- Back on your team page, click "**LMS Invite**" in the calendar.
- Click **Register Athletes**
- Add additional athletes at the bottom of the page
- Click on either an Athlete or an Event
- Select the athletes you want to compete, division , and verify seed mark
- Click the Update button to save changes
- Print your entries for use at the meet

Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.
- By printing and faxing your entries, you can use the meet registration feature of Athletic.net even if the host isn't using the site to download entries!

Athletic.net offers free **statistic tracking**, eases **meet registration**, and provides free tools that simplify common coaching tasks.