

## Louisiana Middle School

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## LMS BULLDOG RELAYS GENERAL INFORMATION SHEET

1. The Bulldog Relays will be held on Wednesday, April 18<sup>th</sup>. The scratch meeting will be held at 3:30pm in the middle school cafeteria. **Field events will begin at 4:00pm, and the running will begin at 4:30pm and will be run as finals.**
2. Entry forms will be done online at [www.athletic.net](http://www.athletic.net). Entries are due by Tuesday, April 17<sup>th</sup> at 9am. Please print out your final entries and bring with you to the scratch meeting in case there are discrepancies with the website. **NO SUBSTITUTIONS WILL BE ALLOWED THE DAY OF THE MEET, ONLY SCRATCHES.**
3. Athletes and coaches are being asked to stay away from the finish line area. Athletes are asked to walk through the admission gate when coming back from the shot/discus area. All times will be fully automatic timed and as a result, we will run only finals (no prelims this year). If the timing system fails, the heat will be rerun after ample time for rest for the athletes.
4. Seventh and eighth grade athletes may compete in a maximum of 4 track and field events, with a maximum of three events being running.
5. A school is limited to two competitors per event, and one team per relay.
6. The first six places in each event will be scored 10-8-6-4-2-1.
7. Plaques will be awarded to the first place teams. Medals will be awarded to the first six finishers in each individual and relay event. In case of a tie, the point will be divided and the contestants who tie shall flip a coin for the medals.
8. Sportsmanship is expected. Anything considered unsportsmanlike can result in disqualification of the meet. Profanity will result in meet disqualification
9. Pole vaulter's body weight must not exceed manufacturer's weight on the pole. The coach must initial the event card prior to the meet. The starting height will be determined at the scratch meeting.
10. Coaches and administrators are responsible for supervision. Please have your athlete's pick-up your team camp.
11. All contestants must wear official school uniform in accordance with the National Federation Track Rules.
12. Spikes in track shoes may be no longer than 3/16" and must be of the PYRAMID shaped. **NO NEEDLE NOSED SPIKES WILL BE ALLOWED.** Athletes will not be allowed to wear shoes that do not follow this guideline.
13. Dressing facilities **WILL NOT BE AVAILABLE.** Please have your athletes dressed and ready to participate.
14. **DO NOT BRING STARTING BLOCKS, they will be provided.**

15. The high jump will be three alive, and the starting height for boys will be 4'4" and for girls 3'6".
16. Long Jump and Triple Jump will be run cafeteria style, with a one-hour time limit. Each contestant will get three jumps, no finals.
17. The shot and discus will be run in flights of four contestants per flight. Each athlete will get three throws, with no finals.
18. The meet management has tried to free the coaches from duties during the meet, but in an emergency coaches may be asked to help pick, time, or run a field event.
19. Entry fees will be \$100.00 per team entered; \$200.00 for both boys and girls teams.
20. Buses park in the main high school parking lot. Please back up with the back of the bus closest to the hill.
21. All medals will be placed in a packet for coaches to pick-up after the meet. Please stay out of the press box.

The following schools will participate in the 2017 Bulldog Relays are:

Bowling Green	Western (have not heard)	Pleasant Hill	Winfield
Monroe City (have not heard)		Troy Middle	Troy South
Palmyra	Louisiana	Elsberry	Van-Far

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  
Bulldog Relays  
4-18-18**

**Field Events – Start at 4:0 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 4:30PM 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 Bulldog Relays - Online Entry Instructions

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

<b>Date</b>	4/18/18	<b>Host</b>	Louisiana
<b>Location</b>	Louisiana Middle School - 3321 W. Georgia Street, Louisiana, MO, MO	<b>Director</b>	
<b>Region</b>	Missouri	<b>Email</b>	
<b>Field Start</b>	4:00 PM	<b>Phone</b>	
<b>Track Start</b>	4:30 PM	<b>Website</b>	<a href="http://bulldogactivities.org/">http://bulldogactivities.org/</a>

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

- Go to [www.Athletic.net](http://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](http://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 **4/18/18** and click **Add Meet by Date >**
- For Region, select: **Missouri**
- Click **Select** on line that says: **Louisiana Middle School , Louisiana, MO, LMS Bulldog Relays**
- 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 Bulldog Relays

- Back on your team page, click "**LMS Bulldog Relays**" 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.