

URI INDOOR TRACK CLASSIC

presented by

South Kingstown High School

M-F Athletic

UNIVERSITY of RHODE ISLAND TRACK TEAMS

Saturday, January 9, 2016

at the

University of Rhode Island's Mackal Field House

I. Eligibility, Entry Limits: All eligible Boys and Girls from Rhode Island, Connecticut, New York, New Jersey, Massachusetts and New Hampshire whose schools are members of the NFHS. Not allowed are "Open", "Club" and "Individual" athletes and/or Non-Member Schools.

1. Individual entry limitations are per your state's rules. Self policing.
2. **Supervision:** Coaches **MUST** accompany their teams and athletes at all times.

II. ENTRY PROCEDURE-www.Plattsys.com

Questions: Call John Copeland, 401-874-2163

1. **Register your athletes:** Go to "PLATTSYS.com". This is the **only** entry method. No faxes, emails or telephone entries.
 - a. Please use CORRECT/ HONEST seeding performance information. Your info will be used to seed athletes.
 - b. **NOTE:** For each entry made on line, you are Liable for and Responsible for an **ENTRY FEE**.
 - c. No adjustments in Entry Fees will be made for "No Shows" or "Scratches".
 - d. The Plattsys.com site will **calculate the CORRECT entry fee owed**.
2. **Mail entry fee check to:** **John Copeland, P.O.Box 753, West Kingston, RI 02892.**
 - a. Make Payable to: "**URI Alumni Association**", "**URI TRACK**" in memo slot on check.
 - b. **NOTE:** To avoid mailing delays, DO NOT MAIL ENTRY FEES TO THE URI TRACK OFFICE.
 - c. The Plattsys.com site will calculate the CORRECT entry fee amount owed.
3. **Entry Fee:** See deadline below
 - a. \$10.00 for EACH event per EACH athlete entered. Relays: \$20.00. **MAXIMUM FEE: \$375 per gender**
 - b. Example: Athlete is entered in 55m and 55mHH= 2x\$10.00=\$20. **MAXIMUM FEE: \$375 per gender**

ALL ENTRY FEE BALANCES MUST BE RECONCILED BEFORE THE START of the MEET. Late Fees (\$25) will apply.

4. **Entry Deadline:** **Entries are due by the Tuesday before the meet, 5:00pm.**
 - a. For each entry made on line, you are Responsible for an ENTRY FEE. **Entry Fees are due by the Thursday before meet.**
 - b. **No Refunds for scratches or "no-shows".**
 - c. The Plattsys.com page will **calculate the CORRECT entry fee owed**. See additional charges below.
 1. **Entry fees** are charged for **ENTERING** the meet. For each entry made on line, you owe an ENTRY FEE.
 2. **NOTE: Purchase Orders:** will require an additional fee. Please add \$25.00 to your total.
 3. **NOTE: Late payments** and/or those requiring **invoices:** Please add \$25.00 to your total.

ALL ENTRY FEE BALANCES MUST BE RECONCILED BEFORE THE START of the MEET. Late Fees will apply.

III. SEEDING and SCRATCH PROCEDURE

1. **Seeding:** Platt Timing Systems will handle ALL entries, scratches, seeding, timing and results. Entries close on Tuesday at 5:00pm.

You can check your entries and rank order lists "on-line" on Wednesday before the meet at "www.Plattsys.com".

2. **Scratches:** Scratches Appreciated. **Scratches should be done "on-line" at "www.Plattsys.com" before Friday at 10:00am.**
 - a. After the start of the meet, any athlete who is scratched from an event or who fails to show for an event is scratched from the remainder of the meet including relays and/or any remaining attempts in a field event.
 - b. No changes, substitutions or refunds permitted.

IV. MORE INFORMATION

1. **Facility:** The track is a fast 200m flat MONDO surface with six lanes on a 70' radius. Eight sprint lanes.
 - a. Spikes : 1/4" **pyramid spikes only**. Pin spikes and clusters **PROHIBITED**. High jump apron is smooth MONDO.
 - b. Weight circles are plywood. Indoor implements only. **ONLY "BAG WEIGHTS" ALLOWED**.
 - c. Seating for 800. Trainers available.
 - d. **No Starting Blocks 300m.** Blocks will be provided for the 55m and 55m Hurdle Trials and Finals.
2. **Concession:** Food, drink, candy and souvenir concessions will be available. T-shirts from \$10.00-20.00.
 - a. M-F Athletic will also be selling equipment.
 - b. **NOTE: No food is allowed in the Track area.**

More info. Over>

This meet presented courtesy of

URI INDOOR TRACK CLASSIC

** Changes/ Additions made this year

Tentative TIME SCHEDULE

Note: we may move AHEAD of schedule by as much as 30 minutes

Per NFHS and Safety Rules, Electronics are NOT permitted in the Competition area at any time.		
8:00AM	Facility Opens.	Concession will have food, drinks, candy, T-shirts, hats. No food in Mackal Track.
	1. Scratches can be done "on-line" at "Plattsys.com" before Friday, but we will take late scratches.	
	After the start of the meet, any athlete who is scratched from an event or who fails to show for an event is scratched from the remainder of the meet including relays and/or any remaining attempts in a field event.	
	2. No name changes, athlete substitutions or refunds are allowed. The substitution rule does NOT apply to relays personnel.	
8:30-10:00	Implement Weigh-in at the weight circle.	Only indoor implements allowed. "Bag Weights" Only.

FIELD EVENTS – Order of Events

SPIKE CHECK-IN FOR ALL EVENTS Located in Mackal Lobby

10:00	Girls Long Jump	(Limited to the first 24 entrants)	Minimum 15'
10:00	Girls 4k Shot Put	Indoor shots.	Minimum: 27'
10:00	Boys 25# Weight	Indoor "Bag Weights" Only.	Minimum: 45'
10:30	Boys High Jump	2" Increments.	Start: 5'8"
12:00 approx.	Boys Long Jump	(Limited to the first 24 entrants)	Minimum 19'
12:30 approx.	Girls High Jump	2" Increments. Follows boys HJ.	Start: 4'6"
1:30 approx.	Boys 12# Shot	Follows Girls Shot.	Minimum: 37'
12:00 approx.	Girls 20# Wt	Follows 25#Wt. "Bag Wts" Only.	Minimum: 28'
2:00 approx.	Girls Triple Jump	(Limited to the first 20 entrants) Follows Boys LJ	Minimum: 32'
4:00 approx.	Boys Triple Jump	(Limited to the first 20 entrants) Follows Girls TJ	Minimum: 38'

TRACK EVENTS – TENTATIVE TIME SCHEDULE

Note: we may move AHEAD up to 30 minutes

SPIKE CHECK-IN FOR ALL EVENTS Located in Mackal Lobby
Boys events first, then girls events EXCEPT for the hurdle finals.

10:00	55m Hurdle Trials	Check-in on first call or be scratched from the meet.	FAST Sections First.
10:30	55m Dash Trials	8 Advance on Time.	PYRAMID spikes ONLY
11:15	1600m	8 Advance on Time.	PYRAMID spikes ONLY
12:15	55m Hurdle FINAL	Sections on time.	PYRAMID spikes ONLY
12:30	55m Dash FINAL	8 Finalists	Girls first, then boys
12:40	600m	8 Finalists	PYRAMID spikes ONLY
1:20	300m	Sections on time.	PYRAMID spikes ONLY
2:25	1,000m	Sections on time.	No Starting Blocks
3:10	3,200m Run	Sections on time.	PYRAMID spikes ONLY
3:40	4x200m	Sections on time.	PYRAMID spikes ONLY
4:15	4x400m	Sections on time.	PYRAMID spikes ONLY
4:45	4x800m	Sections on time	PYRAMID spikes ONLY

NOTES

Electronic Devices: Per NFHS and Safety Rules, Electronics are NOT permitted in the Competition area at any time.

Track Events:	Check-in on first call.	Seeded sections will be run first.	The “No false start” rule will be enforced.
	Relay teams must wear identical uniforms.		1/4” PYRAMID spikes ONLY
Field Events:	Check-in on first call.	Implement weigh-in 8:30-10:00 am.	Eight advance to the finals.
	Competitors will get their first fair attempt marked. After that, efforts below the minimum will NOT be marked.		
	20 minute maximum between field events and 10 minutes between flights.		
	High Jump bar will be raised in 2” increments.		
Results:	Posted on the windows near the entrance to the Track.	Complete results will be available on-line at “ Plattsys.com ”.	
Awards:	Medals will be given to the top THREE individual placers.	Champions get T-Shirts.	
	Medals will be given to the top THREE relay teams.	Champions get T-Shirts.	
	Awards are Available as soon as results reach the Awards Table located at the Entrance to Mackal		
			More info. Over>

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Offer a Special "THANK YOU" to

M-F Athletic and South Kingstown High
for their Sponsorship and Support