

URI INDOOR TRACK CLASSIC

presented by

South Kingstown High School
M-F Athletic

UNIVERSITY of RHODE ISLAND TRACK TEAMS

Saturday, January 5, 2019

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 and Massachusetts whose schools are members of the NFHS. Not allowed are "Open", "Club" and "Individuals" and/or Non-NFHS Schools.

1. Individual event entry limitations are per your state's rules. Self policing.
2. **Supervision:** Coaches **MUST** accompany their teams and athletes at all times.
3. **Relays:** Limited to 2 entries per school in the 4x200m and 4x400m. One entry per school in the 4x800m.

II. ENTRY PROCEDURE-www.Plattsys.com

Questions: Call John Copeland, 401-874-2163

1. **Entry Deadline:** Entries Close Tuesday before the meet, 5:00pm.

ALL ENTRY FEE BALANCES MUST BE RECONCILED BEFORE THE START of the MEET, 10:00a.

2. **Register your athletes:** Go to "www.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. The Plattsys.com site will **calculate the CORRECT entry fee owed**.
 - d. No adjustments in Entry Fees will be made for "No Shows" or "Scratches".

3. **Entry Fees:** Each gender's fees are separate. See deadline below. **NO MAXIMUM FEE**

- a. \$10.00 **EACH** for the **first 25** Individual Event Entries. Then.....
- b. + \$5.00 for **EACH** Individual Event Entry above 25. Then.....
- c. + **Relays:** \$20. ea. **Relays:** Limited to 2 entries per school in the 4x200m and 4x400m. One entry per school for 4x800m.
Ex: TEAM Z has 30 Individual Event Entries:(\$10x25entries=\$250)+(\$5x5entries=\$25)=\$275total.Last year, team Z would have paid **\$300**.
- d. "Plattsys.com" entry page will **calculate the CORRECT entry fee owed**. See additional charges below.
- e. **Entry fees** are charged for **ENTERING** the meet. For each entry made on-line, you owe a FEE.
- f. **NOTE: Purchase Orders:** will require an additional fee. Please add \$25.00 to your total.
- g. **NOTE: Late payments** and/or those requiring **invoices:** Please add \$25.00 to your total.

4. **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.

ALL ENTRY FEE BALANCES MUST BE RECONCILED BEFORE THE START of the MEET. Late Fees (\$25) will apply after 10:00am.

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. Seating for 800 people.
 - 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. **No Starting Blocks 300m.** Blocks will be provided for the 55m and 55m Hurdle Trials and Finals.
 - d. EMT's (not trainers) will be available.
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.**

This meet presented courtesy of

South Kingstown High - UNIVERSITY of RHODE ISLAND TRACK TEAMS - M-F Athletic

URI TRACK CLASSIC

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 until 9:00am Saturday.**
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

10:00am	Girls Long Jump	Check-in on first call or be scratched from the meet.	Eight to finals.
10:00am	Girls 4k Shot Put	(Limited to the first ## 30 entrants)	Minimum 15'
10:00am	Boys 25# Weight	Indoor shots.	Minimum: 27'
10:30am	Boys High Jump	Indoor "Bag Weights" Only.	Minimum: 45'
12:00pm approx.	Boys Long Jump	2" Increments.	Start: 5'8"
12:30pm approx.	Girls High Jump	(Limited to the first ## 30 entrants)	Minimum 19'
1:30pm approx.	Boys 12# Shot	2" Increments. Follows boys HJ.	Start: 4'6"
12:00pm approx.	Girls 20# Wt	Follows Girls Shot.	Minimum: 37'
2:00pm approx.	Girls Triple Jump	Follows 25#Wt. "Bag Wts" Only.	Minimum: 28'
4:00pm approx.	Boys Triple Jump	(Limited to first ## 15 entrants) Follows Boys LJ	Minimum: 32'
		(Limited to first ## 15 entrants) Follows Girls TJ	Minimum: 38'

TRACK EVENTS – TENTATIVE TIME SCHEDULE

Note: we may move AHEAD up to 30 minutes

Check-in on first call or be scratched from the meet.		Seeded sections will be run first.	Fast to Slower.
Boys events first, then girls events EXCEPT for the hurdle finals.		FAST Sections First.	FAST Sections First.
10:00am	55m Hurdle Trials	8 Advance on Time.	PYRAMID spikes ONLY
10:30am	55m Dash Trials	8 Advance on Time.	PYRAMID spikes ONLY
11:15am	1600m	Sections on time.	PYRAMID spikes ONLY
12:15pm	55m Hurdle FINAL	8 Finalists	Girls first, then boys
12:30pm	55m Dash FINAL	8 Finalists	PYRAMID spikes ONLY
12:45pm	600m	Sections on time.	PYRAMID spikes ONLY
1:20pm	300m	Sections on time.	No Starting Blocks
2:40pm	1,000m	Sections on time.	PYRAMID spikes ONLY
3:30pm	3,200m Run	Sections on time.	PYRAMID spikes ONLY
4:00pm	4x200m (## Limit Two Teams per School)	Sections on time.	PYRAMID spikes ONLY
4:45pm	4x400m (## Limit Two Teams per School)	Sections on time.	PYRAMID spikes ONLY
5:30pm	4x800m (## Limit One Team per School)	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.
Posted on the windows near the entrance to the Track. Complete results will be available on-line at "**Plattsys.com**".

Results: Medals will be given to the top **THREE individual** placers. Champions get T-Shirts.
Awards: 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

UNIVERSITY of RHODE ISLAND TRACK TEAMS

Offer a Special "THANK YOU" to

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