

Northside Middle School Athletics

23-24 Track Meets

Cindy McCoy

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4/10 Columbus Northside Middle School track meet with Jackson Creek and Batchelor will be held at Columbus East High School

230 S Marr Rd Columbus IN 47201

- The South two tickets entrances will be open
- Spectators will not be allowed in the infield area, only those athletes involved in an event may be in the infield
- Visiting teams will set up camp in the visitor bleachers
- No gathering at the finish line
- Admission is \$5.00 per person, 1st grade and above.

4/16 & 4/25 Columbus Northside Middle School track meets with Brown County and Seymour will be held at Columbus North High School

1400 25th Street Columbus IN 47201

- The main ticket gate will be open.
- Spectators will not be allowed in the infield area, only those athletes involved in an event may be in the infield
- Visiting teams will set up camp in the visitor bleachers
- No gathering at the finish line
- Admission is \$5.00 per person, 1st grade and above.

Entries

We will be using automatic timers for our meets this year. You will need to submit your entries via website prior to the meet.

For questions about entering athletes please email the timers

McCoy will confirm with timers info below

4/10 meet, Greg Stuart with Stuart Road Racing <http://www.stuartroadracing.com>

4/16 meet, Doug Warren abtiming@gmail.com. Steps for directly entering rosters are available on our website's EventEntry page <https://www.abtiming.com/event-entry>. This can also be done via spreadsheet upload. Please let us know if you would like some help with this part. If your coaches don't have an account they will need to set one up. Please send me your coaches email addresses and I will have Doug Warren email them.

4/25 meet, Tom Kendal with Photo Finish Timing, photofinishtiming@gmail.com

He will use Mile Split

Please double check me on the info below

Participation:

- Each athlete may enter no more than four (4) events
- For the dual meets each school may enter four (4) athletes for each running event, for the three way meet each school may enter three (3) athletes for each running event.
- One Exhibition heats will be offered in the 100M, 200M, and 400M for additional athletes to compete but not be scored
- The 1600M & 800M Run will be open events with no limit on entries per school
- Each school may enter up to four (4) Relay teams in each relay, only first place will be scored
- All field event contestants must sign-in with the event official during the first call for that event. Contestants may leave a field event for a running event, but must notify the event official before they leave and when they return.
- All contestants leaving a field event must check back in immediately following the end of the running event or they will be scratched from that field event. Coaches are expected to help with this.
- Depending on time constraints and number of Relay Team entries we reserve the right to run the Girls and Boys 4x800M Relay and Girls and Boys 4x400M Relay at the same time. Girls and Boys will be scored separately.

Order of Running Events:

Girls 4 x 800M Relay

Boys 4 x 800M Relay

Will be run at the same time (if we have less than 4 entries per school)

Girls 100M Hurdles

Boys 110M Hurdles

Girls 100M Dash

Girls 100M Dash Exhibition

Boys 100M Dash

Boys 100M Dash Exhibition

Girls 1600M Run

Boys 1600M Run

Girls 4 x 100M Relay

Boys 4 x 100M Relay

Girls 400M Dash

Girls 400M Dash Exhibition

Boys 400M Dash

Boys 400M Dash Exhibition

Girls 800M Run

Boys 800M Run

Girls 200M Dash
Girls 200M Dash Exhibition
Boys 200M Dash
Boys 200M Dash Exhibition

Girls 4 x 400M Relay
Boys 4 x 400M Relay

Order of Field Events:

Discus: Boys throw first, then girls

Shot Put (boys 8lb, girls 6lb): Girls throw first, then boys

High Jump: Boys jump first starting height 4'6", then girls starting height 3'10"; unless coaches agree to a different starting height at the meeting.

Long Jump: Girls jump first, then boys.

Each school may enter up to six (6) athletes for Long Jump, Shot Put, and Discus, for High Jump you may only enter four (4) athletes.

Scoring: The meet is scored as a boys combined meet and girls combined meet.

- Scoring will be 5-3-1 (1st place relay teams are only teams to score)

Ribbons: will be given to coaches at the end of the meet, there will be no ribbons for the exhibition events.

Other Information:

- IHSAA guidelines will be followed
- A coaches meeting will be held once all teams have arrived with the meet starter and timer.
- There will be three calls for each event; Athletes must be at the designated location by the second call
- No spikes longer than ¼ inch
- No jewelry is to be worn during the event
- Concessions will be provided

Please contact Cindy McCoy @ mccoyci@bcsc.k12.in.us if you have questions.