

Coaches Information Sheet (Updated February 13th, 2019)

ENTRY PROCESS: Use the online system to make all entries. All entries are being made on www.aspimeetz.com site for High School and Direct Athletics for UCO.

Timetable Deadlines:	Initial Entries	Sunday, March 24th 6:00 AM	Please make your initial entries as soon as you get information. You can change details up until the Entry deadline.
	Entry Deadline	Wednesday, APRIL 10th 12:01 PM (NOON)	Entry site closes at that time. We extract your athletes and entries at that time.
	Performance lists will be available on the Web by Thursday April 12 @10:00 AM		

Entry Fees:

- \$50.00/Team High School (\$100 total for Male and Female)
- \$150/Team University/College (\$300.00 total both Male and Female)
- \$15 for an individual Un-attached athlete in open division
- Checks for payment of entry can be presented at packet pickup or mailed to:
SIOUX CITY RELAYS
C/O Netsys+, Inc
1915 Morningside Ave
SIOUX CITY, IA 51106

Divisions: College/University/Open Men & Women High School A-B-C (Assigned by committee, see Web Site)

Entry Limits:

High School Two (2) entries per individual event, one (1) per relay.

HS Entry rules apply. The committee reserves the right to wave the entry limit based on exceptional performances on a single team.

College: three (3) per event.

Requests for additional competitors will be considered only if the time schedule is not disrupted.

HS Boys/Girls		
Event	Entry Limits	Classes
4 x 100m	Top 8	A B C
4 x 200m	Top 8	A B C
4 x 400m	Top 8	A B C
4 x 800m	Top 16	All Combined
1600m Medley Boys/800m Medley Girls	Top 8	A B C
800 m Run	Top 24	All Combined
1500/1600m	Top 32	All Combined
3000/3200m	Top 32	All Combined
400 Hurdles	Top 24	All Combined

We will attempt to run the maximum number above – we will fill scratches from the performance list at check-in if at all possible. This is an effort to give teams and individuals on the bubble a chance to compete.

Field Event Entry Limits and Measurement Minimums

Please note the comments on marked events

EVENT & DIVISION	FIELD LIMITS	CLASSES	STANDARDS FOR MEASUREMENT	Event Comments
High School Girl's Long Jump	Top 32	ALL COMBINED	14'	
High School Boy's Long Jump	Top 32	ALL COMBINED	18'	
High School Girl's High Jump	Top 32	ALL COMBINED	4'8 Starting Height*	2" Inc to 5' then 1"
High School Boy's High Jump	Top 32	ALL COMBINED	5'8 Starting Height*	2" Inc to 6' then 1"
High School Girl's Shot Put	Top 32	ALL COMBINED	30'	
High School Boy's Shot Put	Top 32	ALL COMBINED	40'	
High School Girl's Discus	Top 32	ALL COMBINED	90'	
High School Boy's Discus	Top 32	ALL COMBINED	120'	
College Women's Long Jump	Top 32		4.5m	
College Men's Long Jump	Top 32		6.0m	
College Women's High Jump	Top 32		1.52m Starting Height*	5cm to 1.78m, then 3cm
College Men's High Jump	Top 32		1.78m Starting Height*	5cm to 2.03m, then 3cm
College Women's Triple Jump	Top 32		9.0m	
College Men's Triple Jump	Top 32		12.0m	
College Women's Shot Put	Top 32		10.5m	
College Men's Shot Put	Top 32		13.0m	
College Women's Discus	Top 32		30.5m	
College Men's Discus	Top 32		36.5m	
College Women's Hammer	Top 32		30.5m	
College Men's Hammer	Top 32		38.0m	
College Women's Javelin	Top 32		23.0m	
College Men's Javelin	Top 32		30.5m	
College Women's Pole Vault	Top 32		3.00m	15cm to 3.6m, 10 to 4m 5cm after
College Men's Pole Vault	Top 32		4.00m	15cm to 4.6m, 10 to 5m 5cm after

We will limit the HS events to Top 32, College limits may be opened based on Weather conditions.

* - Event officials can adjust this based on field and weather conditions.

Proof of Performances (POP): Coaches you must submit your meet summary or newspaper summary to verify times for the limited relay and open events. Performance lists will be available on the Web site to assist you in determining if you have qualified. Iowa Teams will be verified from Quick Stats. SD and NE teams please fax to 712-274-7507 or scan and e-mail to info@screlays.com

Protests: Must be by chain of command-Referee first-Jury if necessary.

The timing trailer or the announcer both will assist you in locating the proper official.

Lane Assignments: On time basis. Top 8 advance to final.
Elite Championships will be filled based on Class Best from A, B and C
and next 5 fastest times.

Staging Area: Running event contestants will be required to assemble in the staging area located at the start of the straightaway before their scheduled race.
MAKE SURE YOUR ATHLETES UNDERSTAND THE CHECK IN PROCESS!
Teams and individuals must check in at least **30 minutes** prior to scheduled time. Failure to do this may result in disqualification from the event. **We will run ahead of schedule when able or necessary.**

Relay Cards: **** WE EXPECT RELAY NAMES TO BE ENTERED ON THE ASPI SITE PRIOR TO ENTRY DEADLINE. ONLY IF THE TEAM CHANGES WILL YOU BE ASKED TO SUBMIT AN UPDATED RELAY CARD. ****
Be sure you use full names and Athlete Bib Number for your athletes so that due credit can be given for the news reports. Please print neatly and turn in to the PRESS BOX at least 30 minutes before scheduled start time. This is to assist the announcer to recognize performances.

Participant Number: All participants must have the correct **number pinned on their front.** They will not be allowed to participate without a number. Pins and number are in coach's packet.

Warm-ups: South side only (Back Stretch) ***Please do not warm-up on the north side (Front Stretch)***

Olsen Stadium Rules Olsen Stadium is a Sunflower free facility. Sunflower seeds can damage the field turf. We also request that Sports drinks not be used on or around the field turf area.

Spike Size: Maximum length 1/4 inch in warm ups or races. Athletes will be DQ'd if using longer.

Shot, Discus: Use your own. All implements will be weighed.

Packet Pickup: Available Friday at 12:00 noon through Saturday 10:30 am in the Southwest corner of the Stadium or West Field house as required by weather conditions.

Results: Check the Web Site when you get home, there will be no printed results after the meet.

Awards: Awarded immediately after race or event finals near the finish line.
High School Division – Medals to Top 5 individuals/ Top 3 relays.
UCO - Championship T-shirt and SC Relay shirts to top 5 Individuals -Top3 Relays.

Outstanding Athlete Award: College Male & Female- High School Male & Female.
These awards are now made at the conclusion of the meet whenever possible.

Dressing Room: Located at the West End of the track. Lockers are available be sure to bring your own lock and towels.

Trainer: Available at the North Locker room at the west end of the stadium.

Team Camp Sites: Use the East end of the stadium or south stadium. No campsites on the inside of the track.

Starting Blocks: Provided near the starting areas.

High School Uniform Rules; National High School Federation standards are applied. It is the coach's responsibility to know the rules. If you have concerns ask a meet official.

Tape: No tape allowed as markings or checkpoints on the Pro Turf surface. Markers will be provided.

Food: Stadium concessions will be open. There are also a number of fast food places close to the stadium.

Coaches and Volunteers will be served lunch Saturday starting at 11: 30 AM to 12:30 PM.

Postponement: Rain or Shine!

Contact information is.

HS, Other:	Bob Prince	712-274-8838 work	e-mail princer@netsysplus.com
College/UNA:	Dave Nash	712 -274-5334 work	e-mail nash@morningside.edu