



Dear Coach:

We are excited that you have decided to attend the 2020 edition of the Phil Wertman Invitational. This event will be held at Lincoln Park's Stocker Stadium in Grand Junction, Colorado on Friday, April 17th. What follows is critical information that you need in order to have a successful event.

**Because this is a twilight meet we will be limited to the first eight teams to contact us. Please contact Tom Goff at [tgoff@d51schools.org](mailto:tgoff@d51schools.org). This will be a pre-qualification meet. PLEASE be sure to use your state-assigned school name and abbreviation (as found in your CHSAA Bulletin), identify your athlete's year-in-school (use 9, 10, 11, or 12), and make sure your athlete's names stay consistent for every meet when you enter data onto the Colorado Milesplit website. Errors made in the entering of this data will prevent your results from being accepted by the Max Preps system.**

Should the electronic timing device fail, there will not be a re-run. We will then use hand held times for that heat/event.

## **MEET RULES AND REGULATIONS**

1. All entries must be entered on Colorado Track XC (entry information below) by 5pm the day prior to the meet. ABSOLUTELY no entries will be taken after that time. If you have questions or problems with entries please e-mail Josh Guddat at ([stockerstadiumtrack@gmail.com](mailto:stockerstadiumtrack@gmail.com)).

See attached instructions for completing the entry process.

Event seeding will take place Thursday afternoon.

2. The entry fee is \$250 per school, or \$10 per athlete.

3. As part of your entry requirements, you will need to provide two workers to help run the meet. Please e-mail Tim with the names of your two workers ([thomas.goff@d51schools.org](mailto:thomas.goff@d51schools.org)).

4. Please mail your entry fee to:

Tom Goff  
Head Track Coach  
Fruita Monument High School  
1102 Wildcat Ave.  
Fruita, Colorado 81521  
*Attn: Phil Wertman Track Meet*

4. Each school will be allowed (3) entries per event and one relay team.
5. Heats and flights will be seeded from entry information.
6. Shot put and discus will be flighted from entry marks reported with the top eight placing. There will be 3 preliminary throws with the top 9 throwers advancing to the final round, receiving 3 more throws. Long and Triple jumpers will also be flighted with 3 preliminary jumps with the top 9 jumpers advancing to the final round, receiving 3 more jumps. There will be minimum distances to earn a measure. If an athlete has not thrown or jumped the minimum distance, their last attempt will be measured. Minimum distances will be determined by the median entry marks per event.
7. All races on the track will be finals with the top eight placing.
8. There will not be a Pole Vault competition
9. Colorado High School Activities Association rules will apply to this meet.
10. Girls 100m hurdles height will be 33 inches. Boys 300m hurdles will be 36 inches.
11. Girls 800m medley relay will be 100-100-200-400, and all runners may use the acceleration zones, and the 400m runner may cut to the pole.
12. 4x200 meter relays will be run in lanes all the way. 4x400 meter relays will be run with a 3-turn stagger.
13. Coaches, your help with the following items will be greatly appreciated:
  - contestants are to enter the track at the SOUTH gate on the EAST straight
  - warm-up on the WEST side of the field
  - do not cross runways or jump pits
  - EXIT at the SOUTH gate after competing.
  - only 1/4" spikes will be allowed on the track
  - NON-COMPETITORS will not be allowed on the infield; coaches, fans, and those athletes not warming up must remain in the stands.
  - Coaches please make sure that you have emphasized the jewelry, and uniform rules with you team.
14. AWARDS: Coaches' award packets will be available in the locker room at the conclusion of the meet. We will score eight places in each event.
15. Coaches meeting: **Friday at 3:00p.m.**
16. Coaches, remind your athletes that **cell phones and electronic devices** are not allowed on the infield. Remind them that picture taking during competition and showing athletes as they participate is illegal and grounds for immediate disqualification.

PHIL WERTMAN TWILIGHT INVITATIONAL  
ORDER OF EVENTS

This will be a rolling schedule.

TIME RUNNING EVENT

TIME FIELD EVENT

4:00 800m Medley Relay	3:30 Boys High Jump
4X800m Relay	3:30 Boys Long Jump
100m Hurdles	3:30 Girls Triple Jump
110m Hurdles	3:30 Boys Discus
100m Dash	3:30 Girls Shot
4X200m Relay	
1600m Run	9 to Finals on all Field Events
30 minute dinner break	
4X100m Relay	
400m Dash	
300m Hurdles	
800m Run	
200m Dash	
3200m Run	
Weight Person Relay	
4X400m Relay	

# Online Entries

If you're doing online entries on *Colorado Track XC* for the first time, or if you're not quite sure you remember how to from last year, below are all the instructions you need:

**If you are a coach and not yet a registered user:**

1. Go to [co.milesplit.com](http://co.milesplit.com) and click on the blue **Register** link in the upper right corner.
2. Fill out the registration page.

Wait for a confirmation message sent to the e-mail address you provided (it shouldn't take more than a couple of minutes). Once that comes, use your new *Colorado Track XC* username and password provided to log in. You may change your password to something more memorable by clicking on your username and then **Edit Profile** once you are logged in.

3. Next go to your team page (click on **Teams** in the blue navigation bar and select your school). In the upper right portion of your team banner, click on the **Claim This Team** button. Fill out the indicated information (you only need to register as a coach or a team admin, not both).

4. You must now wait for a confirmation message that you are accepted as a team admin for your school. This can take as long as 24 hours, but usually happens much sooner than that.

**Assuming that you now have team admin status for your school:**

1. Go to [co.milesplit.com](http://co.milesplit.com). Log in. Click on **Calendar** in the blue navigation bar. Select Outdoor Track and Field for the 2019 season. From the list of meets that appear, select the meet for which you wish to enter athletes. Click on the green **Online Entry** bar next to that meet. Note that you cannot enter athletes online for this meet unless you see a green **Online Entry** bar; otherwise entries are not yet open or have already closed for the meet you are viewing.

2. The home page for this meet will appear and will look something like this:



The screenshot shows the website interface for the CSU-Pueblo Banana Belt Classic. At the top, there is a navigation bar with the Colorado Track XC logo and a search bar. Below the navigation bar, the meet title "CSU-Pueblo Banana Belt Classic" is displayed, along with the date "March 12, 2011" and the location "Dutch Clark Stadium in Pueblo, CO". A green "Enter Online Now" button is prominently featured. Below the button, there is a "Meet Admin" section with a "Meet Properties" table and a "Teams Attending" list. The "Meet Properties" table has the following data:

Meet Properties
Name: CSU-Pueblo Banana Belt Classic
Dates: 03/12/2011 - 03/12/2011

The "Teams Attending" list includes:

- Alamosa High School
- Canon City High School

On the right side of the "Meet Admin" section, there is a "Reports" menu with options for "Entries By Event", "Teams", and "Individuals".

Click on the green **Enter Online Now** button if this is the meet you want to do entries for.

3. The next page that appears should look like this:

Home Records/Recruiting Coverage Stats Video News Calendar Teams Discussion Resources

**CSU-Pueblo Banana Belt Classic**  
 March 12, 2011 @ Dutch Clark Stadium in Pueblo, CO  
 Hosted by Pueblo Centennial High School

Enter Online Now

Meet Main Page > Registration

**Online Registration**

**Registration Details**

Registration Opens: March 04, 2011 6:00PM EST  
 Registration Closes: March 09, 2011 8:59PM EST  
 Invitational/Open: Open  
 Payment Options: Pay Through Mail; Day of Meet Payment Not Allowed. No Refunds.  
 Open to Schools?  High Schools  
 Open to Clubs? None.  
 Open to Individuals? None.

Enter Team »

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IF STOCK CAR RACING IS WHAT YOU'RE PASSIONATE ABOUT...

Click on the gray **Enter Team** button on the left side.  
 4. On the page that appears, you should see this:

**Register Your Team**

**Team Entry Form**

Team you are entering (different team?):  
 Classical Academy, The

**Primary Contact**

Contact Name\*: Alan Versaw  
 Contact Title: Head Coach  
 Contact Home/Work Phone\*:  
 Contact Cell Phone\*:  
 Contact Fax:  
 Contact Email\*: versawa@msn.com

Add Additional Contact

\* = Required Field

**Divisions**

HS:  Male  Female

Cancel Enter Team

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**RISE XI**

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Verify that the site has selected the right school for you to enter. Fill in the information boxes below your name, check the divisions you want to enter (see note below). Then click on the gray **Enter Team** button.

*Please note that if you do entries for one gender and another coach at your school does entries for the other gender, it's still easier to always check both divisions unless you have only a single-gender team that will be entered in this meet. Although checking both genders at the beginning makes it possible for you to edit the entries for the coach of the other gender, it also makes it simpler for the other coach to do entries and keeps things a little easier later on if someone needs to go back and edit entries. When the other coach does entries for his/her gender, he/she will also be capable of reading and editing your entries. I'm thinking that's a situation we should all be able to handle in responsible fashion.*

5. You are now at the actual Online Registration page. It should look like this (only with your school name, not mine):

## Online Registration: Classical Academy, The

You are entered in this meet. Your entries are below. You may update them up until March 9, 2011 8:59PM EST. [Print confirmation.](#)

### Event Entries

**HS Boys 1600 Meter Run** [[Edit Entries](#)]

No entries in this event.

**HS Boys 3200 Meter Run** [[Edit Entries](#)]

No entries in this event.

**HS Boys 800 Meter Run** [[Edit Entries](#)]

No entries in this event.

**HS Boys 110 Meter Hurdles** [[Edit Entries](#)]

No entries in this event.

**HS Boys 300 Meter Hurdles** [[Edit Entries](#)]

No entries in this event.

**HS Boys High Jump** [[Edit Entries](#)]

No entries in this event.

**HS Boys Long Jump** [[Edit Entries](#)]

No entries in this event.

### Divisions Entered

• HS F+M

[Edit Divisions Entered](#)

### Entry Fee & Payment

#### Summary

Total Due: \$200

Total Paid: \$0

You Owe: \$200

[Printable Invoice](#)

#### Payment Options

Mail Payment To:

Mail Checks to: Tim Mondragon Pueblo

Centennial HS 2525 Mountview Dr.

Pueblo, CO 81008

For each the first event you want to enter athletes in, click on the blue **Edit Entries** link next to that event.

6. Next appears a roster for your team with checkboxes beside each athlete. Each time you click the checkbox next to an athlete (up to the allowable number of entries for the meet), the athlete is removed from the available athlete pool and placed into the actual entries in the right-hand column. If there is a best seed mark in this event for the athlete in the database, the system will select that as the seed mark for the entry. Otherwise, you will have to hand-type a seed mark (assuming the meet allows that). This is what the page might look like in the middle of entering athletes for the 3200:

Meet Main Page > Registration > Classical Academy, The > HS Boys 3200 Meter Run Entries

## Classical Academy, The - HS Boys 3200 Meter Run Entries

Max Entries Per Team: 3  
**Remember:** Click the "Done Editing" button at the bottom to save changes once you're done.

Available Athlete Pool	Currently Entered
<input type="checkbox"/> Avischious, Adam <input type="checkbox"/> Bahr, Stephen <input type="checkbox"/> Bresson, Trevor <input type="checkbox"/> Carr, Nathan <input type="checkbox"/> Crane, Kenny <input type="checkbox"/> Eaton, Collin <input type="checkbox"/> George, Joshua <input type="checkbox"/> Graf, Jeremy <input type="checkbox"/> Harrell, Chris <input type="checkbox"/> Harrell, Jacob	<input checked="" type="checkbox"/> <b>Bost, Jordan</b> Seed: 11:59.31 <input type="checkbox"/> Hand Timed? Location: Palmer Terror Invitational (2010)

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When you are done entering athletes for this event, click on the **Done Editing** button.

7. Once you click on the **Done Editing** button, you are returned to the online registration page. Repeat the last two steps for as many events as you wish to enter in this session.

When you are done, you can click to print a confirmation list of entries. It is good to print and review this list of entries to verify you have entered what you intended to enter.

8. If you, or another coach for the same school, need to go back in and edit or complete entries, return to *Colorado Track XC* and log in. Find the meet on the schedule again and click the green **Online Entry** button. You will come to a page that looks like this:

The screenshot shows the Colorado Track XC website interface. At the top, there is a navigation bar with links for Home, Records/Recruiting, Coverage, Stats, Video, News, Calendar, Teams, Discussion, and Resources. A search box is located on the right side of the navigation bar. The main content area features the event title "CSU-Pueblo Banana Belt Classic" with the date "March 12, 2011" and location "Dutch Clark Stadium in Pueblo, CO". A green button labeled "Enter Online Now" is positioned to the right of the event title. Below this, there is a section titled "Online Registration" with a sub-section "Already Entered" listing "Classical Academy, The" with a blue link "View/Edit Entry". To the right of the registration section, there is a sidebar with a carousel of books, including "Green Science Kbs: Set of 3" priced at "\$39.95".

Note that the page indicates you are already entered in the meet. Click on the blue **View/Edit Entry** link next to your school name. This will take you to the Online Registration page where you can edit entries for any event in the meet.

*Please note that all online registration closing times shown for meets are EST or EDT unless clearly indicated otherwise.*

## Updating Your Roster Online

**If you are a coach of a team but not yet a registered user:**

1. Go to <http://co.milesplit.com> and click on the blue **Register** link in the upper right corner.
2. Fill out the registration page.

Wait for a confirmation message sent to the e-mail address you provided (it shouldn't take more than a couple of minutes). Once that comes, use your new *Colorado Track XC* username and password provided to log in. You may change your password to something more memorable by clicking on your username and then **Edit Profile** once you are logged in.

3. Next go to your team page (click on **Teams** in the blue navigation bar and select your school). In the upper right portion of your team banner, click on the **Claim This Team** button. Fill out the indicated information (you only need to register as a coach or a team admin, not both), and submit.
4. You must now wait for a confirmation message that you are accepted as a team admin for your school. This can take as long as 24 hours, but usually happens much sooner than that.

**Assuming that you now have team admin status for your school:**

1. Go to *Colorado Track XC* (<http://co.milesplit.com>) and log in with your username and password.
2. Click on **Teams** on the main blue navigation bar and select your school.
3. Click on the **Team Administration** button in the upper-right corner of your team page.
4. Click on the blue **Roster** link on the left-hand side of the page. This will bring up your editable team roster. You will note that most of the athletes on your team are already entered. Here are the steps you need to go through at this page to make your roster (the one that will show on your team home page when people view it and the one you will select from when you do online entries) fully current:

- a. Note that there are two seasons shown for athletes, XC and TF. Select the checkbox any athletes who have TF showing next to them but won't be participating in track and field and click on the **Remove from TF** button. This is a much better option than using the Make Inactive button (which is discussed below).
- b. To add new athletes to the track and field roster, click the **Add Athlete** button. Fill in the information needed for that athlete and either return to the roster page by clicking **Roster**, or add another athlete by clicking the **Add New Athlete** button at the bottom.
- c. If athletes have moved away from your school or are no longer involved in either track and field or cross country, you may click on the checkbox next to their names and then click the **Make Inactive** button. Please use **Make Inactive** only for these purposes!
- d. If you find athletes showing on your roster who have graduated, that is because there is no year of graduation (or at least not a correct year of graduation) entered for them in the database. Click on their name and enter the correct year of graduation. This will remove them from your editable roster.
- e. When you done editing your roster, you can click on **Home** on the main blue navigation bar to return to the regular pages of the site. If you noted any duplicate athlete names in your roster, send me an e-mail at [versawa@msn.com](mailto:versawa@msn.com) and I will merge those.