

# **BOYS' AND GIRLS' INDOOR TRACK & FIELD STATE CHAMPIONSHIP MEET**

## **ENTRY and MEET PROCEDURES**

### **Location, Date and Starting Times**

**Wednesday March 3, 2021      Boys Meet 11:00 AM      Girls Meet 3:00 PM**

**Dover High School, Dover, DE**

### **Entry Procedures**

1. **Online Entry Deadline is Saturday February 27, 2021 at 7:00**
2. All Online Entries on MileSplit (only)
3. Events and performances should be listed exactly as recorded at the meet with the seeding committee making the conversions.
4. Hand times are only listed to the next higher tenth and are never listed in hundredths. Hand times listed to the hundredth will not be accepted and may be considered a Sportsmanship issue. **Coaches must note A Hand Time by adding an "h" after the time ( ie: 3:20.4h ).**
5. Auto times are listed to the hundredth.
6. Any performances considered as qualifying performances must be listed on the official results for the meet at which they were Performed.
7. Relay teams should be entered listing all relay personnel and possible alternates. Coaches should enter up to eight Athletes Per relay. The actual participants will be listed on the card handed in at the time of the event. If an athlete is not on the team's roster submitted on MileSplit, the relay team will be disqualified. There will be no additional entries on meet day. An athlete must be on the team's submitted roster to participate in a relay.

### **Online Performance Tracker – Pre Meet Requirement**

1. Coaches must enter ALL Athlete's Performances using the [DIAA Cross Country and Track Performance Tracker](http://162.213.113.159/fmi/webd/XC%20Submission%20DB) website. (Link: <http://162.213.113.159/fmi/webd/XC%20Submission%20DB> )
2. Hand times are only listed to the next higher tenth and are never listed in hundredths. Hand times listed to the hundredth will not be accepted and may be considered a Sportsmanship issue. **Coaches must note A Hand Time by adding an "h" after the time ( ie: 3:20.4h ).**
3. Auto times (FAT) are listed to the hundredth.
4. Any performances considered as qualifying performances must be listed on the official results for the meet.
5. The Individual Performances from any meet must be Posted to the [DIAA Cross Country and Track Performance Tracker](http://162.213.113.159/fmi/webd/XC%20Submission%20DB) website (Link: <http://162.213.113.159/fmi/webd/XC%20Submission%20DB> )
6. Coaches are responsible for updating their athlete's performances on the [DIAA Cross Country and Track Performance Tracker](http://162.213.113.159/fmi/webd/XC%20Submission%20DB) website. ( Link: <http://162.213.113.159/fmi/webd/XC%20Submission%20DB> )
7. Coaches must use login and password to sign-in and edit Performance Tracker website.  
Username: diaa Password: runfast

### **Entry Limitations and Requirements**

1. **There are no Standards for this year's meet. Top 16 Entries in Descending Order will be accepted in each Track Event and Top 12 Entries in Descending Order will be accepted in each Field Event.**
2. Flights and heats will be filled by coach's submission of an athlete's performance. Flights and heats will be filled by

descending order up to the entry limit number.

3. Some events may not reach the entry level if there are not enough times submitted to fill the entry limit.
4. Only Performances in any 2021 DIAA sanctioned winter meet can be used for ALL Meet Entries (Current Season Only)
5. These performances must be documented on the Performance Tracker and will be checked by the indoor seeding committee.
6. A contestant may be entered in a total of four events and a school may enter a maximum of three contestants per individual event and one team per relay race. All team entries in the 4 x 200 meter relay, the 4 x 400 meter relay and the 4 x 800 meter relay will be accepted.
7. If athletes are submitted to the State Meet in multiple events without the knowledge of whether they would be accepted in any of those events AND with the possibility that they could be accepted in all of the events, the coach must submit an email to Charlie Pollard ([deweywing@aol.com](mailto:deweywing@aol.com)) and John Amery ([jamerusp@aol.com](mailto:jamerusp@aol.com)) stating which events they would accept in the event that they are accepted in some or all the events.

e.g. An athlete is entered in the 800m, 1600m, and 3200m, hoping to get into one of the events. If the athlete is accepted in two or all three of the events and does not wish to be in all three, the coach needs to send the email stating what their wishes are for that athlete.

### Entry Procedures Timeline

1. **Saturday, February 27 at 7:00 PM:** Entries due on [de.milesplit.com](https://de.milesplit.com).  
Make sure ALL Performances are entered on the [DIAA Cross Country and Track Performance Tracker website](#)
2. **Saturday, February 27 at 8:00 PM:** Entries will be emailed separately to each team (including athletes who may not make the meet)
3. **Sunday, February 28 at Noon:** Corrections to entry list due. Corrections on Sunday between 8:00 AM and Noon are subject to a \$20.00 fine per correction.
4. **Sunday, February 28 at 4:00 PM:** Top 12 and Top 16 Lists posted without performances. Coaches have until 6:00 PM On **Sunday, February 28** to scratch entered athletes from the meet.
5. **Sunday, February 28 :** Seeding Meeting to be held remotely with login information sent closer to the meeting date.
6. **Sunday, February 28 at 10:00 PM:** Complete list of Top 12 and Top 16 entries with performances posted and emailed to coaches.
7. **Monday, March 1** at 8:00 AM: Heat Sheets finalized.

### Qualifying Standards

**There are no Qualifying Standards for this year's meet. Top 16 in Descending Order in Running Events and Top 12 in Descending Order in Field Events will be accepted in the Meet.**

| Event        | Girls' Standards |                 |         | Boys' Standards |                 |         | Entry Limit |
|--------------|------------------|-----------------|---------|-----------------|-----------------|---------|-------------|
|              | Automatic        | sub 200 m track | Minimum | Automatic       | sub 200 m track | Minimum |             |
| 55 m hurdles |                  |                 |         |                 |                 |         | 16          |
| 60 m hurdles |                  |                 |         |                 |                 |         |             |
| 55 meters    |                  |                 |         |                 |                 |         | 16          |
| 60 meters    |                  |                 |         |                 |                 |         |             |
| 200 meters   |                  |                 |         |                 |                 |         | 16          |
| 400 meters   |                  |                 |         |                 |                 |         | 16          |

|                     |  |  |  |  |  |  |    |
|---------------------|--|--|--|--|--|--|----|
| 800 meters          |  |  |  |  |  |  | 16 |
| 1600 meters         |  |  |  |  |  |  | 16 |
| 1500 meters* (Conv) |  |  |  |  |  |  |    |
| Mile * (Conv)       |  |  |  |  |  |  |    |
| 3200 meters         |  |  |  |  |  |  | 16 |
| 3000 meters* (Conv) |  |  |  |  |  |  |    |
| 2 Mile* (Conv)      |  |  |  |  |  |  |    |
| Long Jump           |  |  |  |  |  |  | 12 |
| Triple Jump         |  |  |  |  |  |  | 12 |
| High Jump           |  |  |  |  |  |  | 12 |
| Shot Put            |  |  |  |  |  |  | 12 |
| Pole Vault          |  |  |  |  |  |  | 12 |
|                     |  |  |  |  |  |  |    |

**Order of Events and Time Schedule** (Tentative & Subject to Change)

Final Meet Schedule will be sent out on Monday, March 1<sup>st</sup>.

**2021 DIAA Indoor (Polar Bear) T&F Championships**

**Tentative Meet Schedule**

**3/3 - Boys Meet**

**FIELD EVENTS**

| Start Time | Event # | Event                | Round  | Entries | Flights |
|------------|---------|----------------------|--------|---------|---------|
| 11:00 AM   | #2      | Boys Shot Put        | Finals | 12      | 1       |
| 11:00 AM   | #4      | Boys High Jump       | Finals | 12      | 1       |
| 11:00 AM   | #6      | Boys Pole Vault      | Finals | 12      | 1       |
| 11:00 AM   | #8      | Boys Long Jump       | Finals | 12      | 1       |
| 12:30 PM   | #10     | Boys Triple Jump     | Finals | 12      | 1       |
|            |         |                      |        | ====    | ====    |
|            |         | Entry / Heat Totals: |        | 60      | 5       |

**TRACK  
EVENTS**

| Start Time | Event # | Event                             | Round   | Entries | Sections |
|------------|---------|-----------------------------------|---------|---------|----------|
| 11:00 AM   | #12     | Boys 55 Meter Hurdles             | Prelims | 16      | 4        |
| 11:10 AM   | #14     | Boys 55 Meter Dash                | Prelims | 16      | 4        |
| 11:20 AM   | #30     | Boys 4x800 Meter Relay - Seeded   | Finals  | 22      | 1        |
| 11:35 AM   | #30     | Boys 4x800 Meter Relay - Unseeded | Finals  |         | 1        |
| 11:50 AM   | #12     | Boys 55 Meter Hurdles             | Finals  | 4x2     | 1        |
| 12:00 PM   | #14     | Boys 55 Meter Dash                | Finals  | 4x2     | 1        |
| 12:10 PM   | #26     | Boys 4x200 Meter Relay            | Finals  | 22      | 3        |
| 12:25 PM   | #22     | Boys 1600 Meter Run               | Finals  | 16      | 2        |
| 12:40 PM   | #18     | Boys 400 Meter Dash               | Finals  | 16      | 2        |
| 12:50 PM   | #20     | Boys 800 Meter Run                | Finals  | 16      | 2        |
| 1:00 PM    | #16     | Boys 200 Meter Dash               | Finals  | 16      | 5        |

|                      |    |     |                        |        |      |      |
|----------------------|----|-----|------------------------|--------|------|------|
| 1:10                 | PM | #24 | Boys 3200 Meter Run    | Finals | 16   | 1    |
| 1:20                 | PM | #28 | Boys 4x400 Meter Relay | Finals | 22   | 3    |
| 1:35                 | PM |     | End of Meet            |        |      |      |
|                      |    |     |                        |        | ==== | ==== |
| Entry / Heat Totals: |    |     |                        |        | 212  | 30   |

## 2021 DIAA Indoor (Outdoor) T&F Championships

### Tentative Meet Schedule

### 3/3 - Girls Meet

#### FIELD EVENTS

| Start Time           | Event # | Event             | Round  | Entries | Flights |
|----------------------|---------|-------------------|--------|---------|---------|
| 3:00 PM              | #1      | Girls Shot Put    | Finals | 12      | 1       |
| 3:00 PM              | #3      | Girls High Jump   | Finals | 12      | 1       |
| 3:00 PM              | #5      | Girls Pole Vault  | Finals | 12      | 1       |
| 3:00 PM              | #7      | Girls Long Jump   | Finals | 12      | 1       |
| 4:30 PM              | #9      | Girls Triple Jump | Finals | 12      | 1       |
|                      |         |                   |        | ====    | ====    |
| Entry / Heat Totals: |         |                   |        | 60      | 5       |

#### TRACK EVENTS

| Start Time           | Event # | Event                              | Round   | Entries | Sections |
|----------------------|---------|------------------------------------|---------|---------|----------|
| 3:00 PM              | #11     | Girls 55 Meter Hurdles             | Prelims | 16      | 4        |
| 3:10 PM              | #13     | Girls 55 Meter Dash                | Prelims | 16      | 4        |
| 3:20 PM              | #29     | Girls 4x800 Meter Relay - Seeded   | Finals  | 24      | 1        |
| 3:35 PM              | #29     | Girls 4x800 Meter Relay - Unseeded | Finals  |         | 1        |
| 3:50 PM              | #11     | Girls 55 Meter Hurdles             | Finals  | 4x2     | 1        |
| 4:00 PM              | #13     | Girls 55 Meter Dash                | Finals  | 4x2     | 1        |
| 4:10 PM              | #25     | Girls 4x200 Meter Relay            | Finals  | 24      | 3        |
| 4:25 PM              | #21     | Girls 1600 Meter Run               | Finals  | 16      | 2        |
| 4:40 PM              | #17     | Girls 400 Meter Dash               | Finals  | 16      | 2        |
| 4:50 PM              | #19     | Girls 800 Meter Run                | Finals  | 16      | 2        |
| 5:00 PM              | #15     | Girls 200 Meter Dash               | Finals  | 16      | 5        |
| 5:10 PM              | #23     | Girls 3200 Meter Run               | Finals  | 16      | 1        |
| 5:25 PM              | #27     | Girls 4x400 Meter Relay            | Finals  | 24      | 3        |
| 5:40 PM              |         | End of Meet                        |         |         |          |
|                      |         |                                    |         | ====    | ====     |
| Entry / Heat Totals: |         |                                    |         | 212     | 30       |

#### Team Areas

1. Coaches must supervise their team members at all times.
2. Coaching boxes will be provided for all field events when space allows.

3. Refer to Coaches Responsibilities which will be sent out before Meet.