



Entries Must be in by 8:00PM Monday, April 5th

**RHMS 7/8 Girls/Boys Pentangular
April 6th 2021
Rose Hill District Stadium**

- TIME:** Coaches Meeting @ **3:00PM** at the Concession Stand.
Field Events/3200/1600 (7G/7B) begin @ **3:30PM**.
Running events begin @ **4:30PM**.
- SCHOOLS:** Circle, Clearwater, El Dorado, Haysville West, and Rose Hill
- ENTRIES:** **EACH INDIVIDUAL WILL BE ALLOWED TO COMPETE IN 4 EVENTS.** This is in accordance with KSHSAA rules. You may enter **four (4)** in the individual running events and **two** teams in the relays. You may enter **unlimited** in the 800m, 1600m, and 3200m runs. You may enter **five (5)** in the field events. Please ***type*** your entries and list them in order of their ability, with the best one listed first. **If you have any questions please contact me at djefferson@usd394.com** There will not be any prelims. All races will be against time. All throws and jumps are final. All entries will be through Direct Athletics. **Entries must be in by 8:00PM, Monday, April 5th**
- SCRATCH/CHANGE:** All scratches and changes will be made by the coaches at the coaches meeting. No additions or substitutions will be made at the line.
- FIELD EVENTS:** Each participant will be allowed three (3) throws in the shot put and discus. There will be three (3) jumps in the long jump and three misses per height in the high jump.
- SCORING:** INDIVIDUAL EVENTS 6-4-3-2-1 RELAYS 6-4-2
- STARTER:** Wayne Bell
- TIMING:** Electronic. Hosted by Midwest Timing
- DRESSING:** No facilities are available. Please have the participants dressed before you arrive.
- EQUIPMENT:** We will furnish starting blocks. Please bring the rest of your equipment.
- SPIKES:** The track and the runways for the jumping events are rubberized. No spikes longer than 1/4" may be used, preferably needle nose. The shot put and discus rings are cement, therefore, no spikes may be used. No spikes are allowed in the bleachers.

LOCATION: The meet will be held at RDAC (Rose Hill District Athletic Complex) located at 323 E. School Street Rose Hill, KS
<https://goo.gl/maps/cRm8o>

CONCESSIONS: There will be a concession stand with hot dogs, soft drinks and assorted packaged candy.

FIELD EVENTS:

We will need the help of all of the coaches to run off the field events. Thanks!

The field events will begin at **3:30PM** and will be assigned as follows:

SHOT PUT (East of Track) <i>(Girls 6lb, Boys 4kg)</i>	8G-7G (East Ring) - TBD 8B-7B (West Ring) - TBD
DISCUS (East of Track)	7G-8G (North Ring) - TBD 7B-8B (South Ring) - TBD
LONG JUMP : (North of Track)	7G-8G (South Pit) - TBD 7B-8B (North Pit) - TBD
HIGH JUMP :	8G-7G (North Mat) - TBD 8B-7B (South Mat) - TBD <i>(Starting Heights: 7B 4'2" 7G 3'8" 8B 4'6" 8G 3'10")</i>
HURDLE HUSTLERS:	ROSE HILL/ANYONE WHO CAN HELP

RUNNING EVENTS:

3:30PM -	3200 8G, 8B 1600 7G, 7B (PLEASE NOTE)	
4:30PM -	100 M HURDLES 100 M DASH 1600 M RUN 4 X 100 M RELAY 400 M DASH 4 X 200 M RELAY 800 M RUN 800 M MEDLEY RELAY 1600 M MEDLEY RELAY 200 M HURDLES 200 M DASH 4 X 400 M RELAY	7G, 7B, 8G - 30", 8B 33" 7G, 7B, 8G, 8B 8G, 8B 7G, 7B, 8G, 8B 7G, 7B, 8G, 8B 7G, 7B, 8G, 8B 7G, 7B, 8G, 8B 7G, 7B 8G, 8B 7G, 7B, 8G, 8B 7G, 7B, 8G, 8B 7G, 7B, 8G, 8B

Running events will take precedence over field events. Listen to the PA for additional instructions. Any questions, call me (Doug Jefferson) @ (316) 204-5490

Good luck,

Doug Jefferson
RHMS Athletic Director

Don Funke
RHMS Head Track Coach

How to Submit Entries in Direct Athletics - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics. (www.directathletics.com)

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at any time by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

List of Events

3200m
1600m
High Jump
Long Jump
Shot Put
Discus Throw

100m Hurdles
100m Dash
4 x 100m Relay
400m
4 x 200m Relay
800m
Medley
200m Hurdles
200m Dash
4 x 400m Relay