



SPEED CAPITAL MEET INFORMATION

MEET DIRECTOR: Monica Snead
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ELIGIBILITY: This meet is open to any athlete that falls within the age divisions listed below. Each Athlete aged 13-18 years old may enter up to a maximum of 4 events. Athletes aged 12 and younger based on year of birth below may only enter in 3 events with the exception of relays. If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.

AGE DIVISIONS: Age divisions are determined by year of birth. Listed below are the Age Divisions.

- 6 and under Girls/Boys (Born 2017 and Later) Maximum 3 Events excluding relays.
- 7 and under Girls/Boys (Born 2016 and Later) Maximum 3 Event excluding relays.
- 8 and under Girls/Boys (Born 2015 and later) Maximum 3 Events excluding relays.
- 9-Year-Old Girls/Boys (Born 2014) Maximum 3 Events excluding relays.
- 10-Year-Old Girls/Boys (Born 2013) Maximum 3 Events excluding relays.
- 11-Year-Old Girls/Boys (Born 2012) Maximum 3 Events excluding relays.
- 12-year-Old Girls/Boys (Born 2011) Maximum 3 Events excluding relays.
- 13-Year-Old Girls/Boys (Born 2010) Maximum 4 Events.
- 14-Year-Old Girls/Boys (Born 2009) Maximum 4 Events.
- 15-16-Year-Old Girls/Boys (Born 2008-2007) Maximum 4 Events.
- 17-18-Year-Old Girls/Boys (Born 2006-2005) Maximum 4 Events.

MEET ENTRY FEE: Entry fee is \$25.00 for each athlete for Track & Field events. There will be a \$10 Late entry fee for all entries after the deadline. ALL FEES ARE NON-REFUNDABLE

GATE ENTRY FEE: You will be able to purchase tickets online at www.fuml.net or pay \$20 Cash at the gate on meet day. Check registration page for link if you would like to purchase ticket in advance. Please make sure you select the correct meet/date for ticket purchase.

ADMISSION: \$15 per day or \$20 Cash at the gate.(Children 4 & under will be admitted free) Athletes must show bib number to enter for free.

NON-TRANSFERABLE: ALL ENTRY FEES MUST BE PAID ONLINE. Entry will not be processed unless entry fee is paid by the deadline, all major credit cards accepted online. NO PERSONAL CHECKS will be accepted.

ENTRY PROCESS: All teams and unattached athletes must utilize the online entry process via www.coacho.com This will permit a very efficient registration process that is easy to use. Immediately after registering online you will receive a receipt from the website, Which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation page, they are not registered for the meet. Please take care of these issues prior to arriving at the Meet if possible.

ATHLETE REGISTRATION DEADLINE: SEE REGISTRATION PAGE FOR DEADLINE INFORMATION.

PACKET PICKUP: Packets can be picked up at the track facility on Saturday from 7:00AM-1:00PM.

BIB REPLACEMENT FEE: \$10.00

AWARDS: In individual and relay events, medals will be presented for participants who finish 1st – 3rd place.

MVP AWARDS/PACKAGES:

- The MVP's are decided and voted on by 3-4 coaches each meet who breaking down the points and performances of each athlete. The timer is asked to pull the TOP 4 performers of each age based on the number of points accumulated
- The first metric is the Top 4 scorers of each age group
- The second metric we review is the workload of the athletes for that day's meet (e.g. 60m/100m,200m, & 400m or 400m,800m,1500m, or 60m hurdles, Long Jump, and 400m). As coaches, we decide which was the tougher triple? We look at the times, marks, and competition to choose top 2 of the (4) athletes. We review competition in the heats. If events and heats have less than 5 athletes, we consider marks and times vs the clock.
- If there is an 60m or 100/200/400 athlete with 3 gold medals vs 800/1500/3000 athlete with three gold medals. The committee will go with the marks/times from their performance. There's no perfect formula, we just have to do our best to implement a completely objective and impartial strategy to selecting the best candidates.
- Field MVP's are only for athletes who just do Field Events.

Top Performances

Athletes who only do (2) events who wouldn't score in the top 4 are considered. Their times will be accounted and compared against the current and past TOP 5 times ran during an indoor or outdoor national meet. If the time beats or compares to those time, we compare to the top candidate. In most cases, these athletes are considered "Honorable Mention". This is an MVP Committee decision for that individual award. The "Honorable Mention" receives a Mamba Medal and Mamba Pin only.

The MVP package will consist of the following items:

MVP Mamba Medal and Replica Pin (Black & Gold edition)

MVP SnapBack

MVP Crystal Plaque

MVP AWARDS CATEGORIES

- 6 & Under Male/Female
- 7 Male/Female
- 8 Male/Female
- 9 Male/Female
- 10 Male/Female
- 11 Male/ Female
- 12 Male/Female
- 13 Male/Female
- 14 Male/Female
- 15/16 Male/Female
- 17/18 Male/Female
- Field Events Male/Female (1 Male/1 Female representing all age groups)

There will be no Coaches and/or Spectators in the Clerking area at any time. There will be no team or individual warm-ups in the Clerking Area. Athletes participating in running events should warm-up in the designated area 30 minutes prior to their event. **NO SHARING IMPLEMENTS OR RELAY BATONS.** You must bring your own implements and relay batons to compete. There will not be any house implements or relay batons to share due to COVID-19 protocols. However, all implements must be weighed in and approved prior to competition if there is a weigh in station.

RESULTS: Live Results will be posted online: Timing by www.lightningtiming.com. All Post meet results can be found at www.speedcapital.com

COACHES PASSES:

- Unattached Athletes: will receive packet, parent/coach does not pay gate fee, 1 armband provided.
- 1 armband per 10 Athletes with the Maximum number given is 10 per team. Coach receives packet with Team roster and events.

PROTESTS: Protests concerning the status or eligibility of any competitor must be made to the Meet Director or Referee during the meet. Protests relating to matters, which develop during the conduct of the meet, must be made to the Referee and be filed at once, but in any case, not more than 30 minutes after the result has been announced. Protests MUST be filed in writing and presented to the Meet Director accompanied by a cash deposit of \$75.00. The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

PRACTICE AND WARM UP Times: Track Area

Athletes may warm up on the track prior to the start of the meet. Times are listed on the schedule.

At the start of the meet the Athletes will be able to use the BACKSTRETCH and or the extra high jump area if it is available. If extra space Will be provided in the corridors of the track building if needed.

THERE WILL BE NO TEAM OR INDIVIDUAL CAMPSITES ON THE INFIELD

All Running events will start at the designated time listed. Once the running events start it is a rolling schedule. Listen to the announcements. **Athletes must check in at the clerk table 30 minutes prior to the start of the race.** Any athlete that does not check-in before their schedule heat is run will be scratched from the event. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event Official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

SPIKES: Spikes no longer than ¼" are allowed. Pyramid spikes and Omni-Lite spikes only. No claw type spikes will be allowed. You will not be able to compete unless you have the adequate spike size. This will be enforced.