

**Texas Tech Track and Field
Meet Information—February 19, 2011**

Meet:

Texas Tech Red Raider Open Meet

Where:

Texas Tech University, Athletic Training Center located South of the football stadium.

Clinic Fees:

\$200 per team per gender. There is only one division.

\$20 per individual

All fees are based on initial entries and are nonrefundable!

Entry Submission:

Entries will be submitted on line at www.directathletics.com. You will need to create a username and password, if you do not already have one on file.

COACHES: PLEASE ENTER ACCURATE SEED TIMES. USE BEST 100 METER TIME FOR 55 DASH, AND BEST 100/110HURDLE TIME FOR 55 HURDLES. ATHLETES WILL BE SEDED ACCORDING TO TIMES.

Only one 4 x 400m relay team will be allowed per team per gender (i.e. 1 boy's 4 x 400m & 1 girl's 4 x 400m team per school).

****Minimum marks may be determined & implemented for the field events after the entry deadline. Four attempts will be permitted in the Long Jump, Triple Jump & Shot Put**

Entry Deadline for Clinic and Competition

NOON on **Thursday, February 17, 2011**. There will be no additions at this point. Only scratches will be allowed (**NO REFUNDS FOR SCRATCHES MADE PAST DEADLINE**). Scratches can be done up to this point on-line. This would be helpful in avoiding empty lanes if you scratch athletes you know will not be participating at

www.directathletics.com. **PLEASE BRING RECEIPT CONFIRMING YOUR ENTRIES.**

Entry Guidelines:

This meet is open to all competitors. **HOWEVER**, we expect that nearly all the registered athletes will be of **HIGH SCHOOL** age! Therefore, if this is not the level of competition you wish to compete against, this meet may not be appropriate for you. Please be mindful of this situation when entering and consider the intentions of this competition – thank you.

Spike Length

The use of 1/4"/6mm pyramid spikes [M-F brand, not UCS 7mm or needle tipped pyramid spikes] will be strictly enforced. **Absolutely NO Christmas tree or Needle spikes allowed. This is a slight change from previous indoor meets.** Athletes will be required to provide their spikes for inspection to enter the facility (NE doors, lower level & in the clerk's area. Approved spikes will be tagged. **You may purchase spikes at the packet pick-up table if you do not have spikes of the appropriate length & type.**

Implement weigh in

One hour prior to the start of the event.

Opening Heights

Will be available at packet pick-up.

AWARDS

Medals will be awarded to the top 3 finishers in each event.

Time schedule: February 19, 2011

8:00 a.m. MANDATORY COACHES MEETING

Field Events:

10:00 AM	Long Jump	HS Girls and HS Boys - <u>2 pits</u>
	Shot Put	HS Girls & HS Boys - <u>2 rings</u>
11:00 AM*	Pole Vault	HS Girls– HS Boys to follow *or at the conclusion of the LJ in the EAST pit*
10:30 AM	Triple Jump	HS Girls - HS Boys to follow - <u>1 pit</u>
11:30 AM**	High Jump	HS Girls** – HS Boys to follow

****At conclusion of HS Boys Shot Put****

Running Events:

Will operate on a rolling time schedule

Upper Level:	11:00 AM	3000m	Girls – Boys to follow
Lower Level:	12:00 PM	55m Hurdles	Girls – Boys to follow
		55m	Girls – Boys to follow
Upper Level:	1:00 PM	800m	Girls – Boys to follow
		400m	Girls – Boys to follow
		200m	Girls – Boys to follow
		Mile	Girls – Boys to follow
		4 x 400	Girls – Boys to follow

PLEASE REMEMBER TO SEED YOUR ATHLETES ACCORDINGLY. USE BEST 100 METER TIME FOR 55 METER RACES AND BEST 100 HURDLE TIME (WOMEN), 110 HURDLE TIME (MEN) FOR 55 HURDLES.



How to Submit Entries - 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.

****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 anytime 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.