

Hermann High School Track and Field

Josh Morris – Head Track Coach

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HERMANN INVITATIONAL

Tuesday, April 23, 2019

Dear Athletic Director/Track Coach:

Participating Schools: Centralia, Chamois, Cuba, Elsberry, Fatima, Fulton, Hermann, Linn, Montgomery, New Haven, Owensville, Pacific, St. James, South Callaway, Sullivan, Wright City

Games Committee: New Haven, Hermann, Linn, Sullivan

ORDER OF EVENTS

COACHES / SCRATCH MEETING - 3:30 Finish Line	
Order of Events - Start At 4:30 PM	Field Events Start at 4:00 PM
3200m relay	Boys Discus (Girls to follow)
100/110m hurdles	Girls Shot Put (Boys to follow)
100m dash	Boys Pole Vault (Girls to follow)
800m relay	Girls High Jump (Boys to follow)
1600m run	Boys Long Jump (Girls to follow) 90 minutes each
400m relay	Girls Triple Jump (Boys to follow) 90 minutes each
400m dash	Boys Javelin (Girls to follow)
300m hurdles	
800m run	
200m dash	
3200m run	
1600m relay	

GENERAL MEET INFORMATION

We ask that you arrive before 3:00 pm. or after 3:15 pm. Enter on south bridge, turn right. Drop athletes at scoreboard gate (tent area). Busses should then follow the drive around in front of the high school building and park in the lot in front of the Central Office building.

Send \$125.00 entry fee to: Hermann High School
c/o Todd Anderson, Athletic Director
176 Bearcat Crossing
Hermann, MO 65041

ENTRIES MUST BE SUBMITTED ONLINE at *athletic.net*
DUE BY NOON ON MONDAY, APRIL 22, 2019.
(E-mail jmorris@hermann.k12.mo.us with questions)

1. The first eight places in each running event shall be scored (10-8-6-5-4-3-2-1). The first eight places in relays shall be scored (10-8-6-5-4-3-2-1). In case of ties, the points shall be divided and the contestants shall flip for the medals.
2. **Two entries** per gender per event, **1 relay** per gender for each school. **Entry Instructions are attached.**
3. Medals will be given for the top six places / top four places for relays.
4. Scratch Meeting – The scratch meeting will be held at the finish line at 3:30 pm. Scratches for field events will be done at the event. No substitutions or additions will be made.
5. Field events will have 3 attempts that will be supervised and measured. Finals only.
6. Javelin will be thrown.
7. Pole Vault and High Jump starting heights will be determined based on entry heights. The bar will be successively elevated 6" at a time for pole vault. The bar will be successively elevated 2" at a time for high jump. *(All warm-ups need to be taken prior to start of event.)*
8. The long jump and triple jump will be run cafeteria style with a 90 minute time limit for boys, and 90 minute time limit for girls. Participants will have three jumps that can be taken any time during their 90 minute time limit. **After the 90 minute time limit is up, no additional jumps will be given.** Encourage your athletes to be at field events when not running.
9. If field event participants leave, they will have 15 minutes to report back to their field event from the time they leave. If they are not back within 15 minutes, they will be scratched.
10. Athletes in the shot put and discus will be put into flights. All girls shot puts must be marked 4k in order to be legal; Boys will throw the 12 lb. shot.
11. Athletes must report to the bullpen prior to their race. No athlete will be added to a race at the starting line. **Any athletes that are not at the bullpen after the third call will be scratched.**
12. Automatic timing will be used. If we have technical difficulties, each team will need to provide a timer. All races against time.
13. Equipment: Blocks provided, only 1/8 inch spikes on track and jump surfaces. Throwing areas are concrete surfaces. Track spikes are not to be worn in the bleachers or on football field.
14. Concessions and restroom facilities available at the track by the concession stand. **DO NOT USE SCHOOL BUILDING.**
15. All participants should remain in the bleacher areas on the east side except when participating. The west side bleachers are open to spectators.
16. *Team camps will be set up on the "East" side of the field – between the fences.*
17. Press box access - Off limits to athletes and parents. No access to roof of Press box.

Relay Judges

4 x 800m Relay Break Line	Hermann		
4 x 200 Exchange	1st - Pacific, Sullivan	2nd - Wright City, Montgomery	3rd - Pacific, Sullivan
1600m Break Line	Hermann		
4 x 100 Exchange	1st - Fulton, Elsberry	2 nd – Owensville, South Callaway	3 rd - Centralia, Chamois
3200m Break Line	Cuba		
4x400m Break Line	St. James		

Hermann Invitational
Online Entry Instructions
This meet is using free online registration at Athletic.net!

Date	4/23/2019	Host	Hermann
Location	Hermann, MO 164 Blue Pride Drive, Hermann, MO 65041	Director	Josh Morris
		Email	jmorris@hermann.k12.mo.us
Field Start	4:00 PM	Phone	
Track Start	4:30 PM		

Follow the 4 steps below to get started:

1. Sign up for a free coach account

(if you do not have one)

- Go to: www.athletic.net
- Click on '**Sign up**' in the upper right-hand corner
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- Login to Athletic.net using your email address and password
- Click "**Coach Tools**" under the main navigation bar
- Click "**Team Home**"
- Click "**Add Meet**" above your calendar box
- Where it says "Meet ID:" enter **Hermann Invitational** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar
*(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "**Next >**" instead of entering your meet ID.)*
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

3. Enter team roster

- Click "**Coach Tools**"
- Click "**Edit Athletes**"
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Hermann Invitational

- Locate **Hermann Invitational** on your team's main track and field page and click on the meet name
- In the blue dropdown, click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Click "**Save Changes**"
- Use the boxes on the bottom of the page to add additional athletes to your roster

Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.

Athletic.net offers free **statistic tracking**, eases **meet registration**, and provides free tools that simplify common coaching tasks.