



# Tiffin University

## High School Indoor Track Meets - Heminger Center

350 Miami Street Tiffin, Ohio 44883

THERE WILL BE NO LATE REGISTRATION or "WALK UP" REGISTRATION AFTER  
THE ENTRY DEADLINE: **Friday before meet at 10am**

**Track:** 200m Mondo Super- X 13.5mm Surface  
6 Lanes on the Oval  
8 Lanes on the Sprint straight

**Running:** 60m Dash and 60m Hurdles will have prelims and finals  
One Heat Final of 8 runners  
All other events are timed finals

**Jumping:** Mondo rubber surface- Two Pits (Northwest & Southwest)  
LJ: Board at 7'  
TJ: Board at 30, 36'6", 43', 49'6" (Taped at 24').  
PV: Runway is located in the center of the track.  
HJ: One pit with multipurpose Mondo approach, take off surface Mondo Super X.

### **High School Meet Starting Heights**

Boys HJ - 5' 3" (2" increments)  
Girls HJ - 4' 1" (2" increments)  
Boys PV - 9' (6" increments)  
Girls PV - 7' (6" increments)

**Throws:** Wooden circle with cage for the weight throw. Wood circle for shot-put.  
*Three throws with the top 9 throwers to finals*  
Weigh-in will be beside the concession stand designated area hour prior to the event.

**Timing:** Finish Lynx  
*New results scoreboard.*

**Locker Rooms:** Lockers and showers available, bring your own towels and locks. Tiffin University is not responsible for any lost/stolen items.

**Food Services:** Team food will be stored in the East classroom upstairs marked “Team Food”

**NO FOOD WILL BE ALLOWED ON THE TURF, MONDO OR TEAM CAMP AREA UNLESS AREA HAS TARPS!**

Concession stand is located near the entrance of the facility.

**Parking:** Buses can drop off in front of the Heminger Center and will park behind the Heminger marked Team Parking.

**Results:** Live results at [www.tiffintiming.com](http://www.tiffintiming.com)

**Admission:** \$5 for all spectators (Excluding 1 coach per 10 athletes). **NO SPECTATORS INSIDE THE CENTER TRACK AREA!** Standing room is available around the track or upstairs in the main bleachers only. **NO ATHLETES IN THE BLEACHERS.**

**NO NAME CHANGES OR ADDS THE DAY OF THE MEET!**

**Spikes:** 1/4 Spikes are the longest allowed. No CHRISTMAS TREE or NEEDLE/PIN Spikes. No Spikes allowed upstairs, in the training room, locker rooms, classrooms, or hallways.



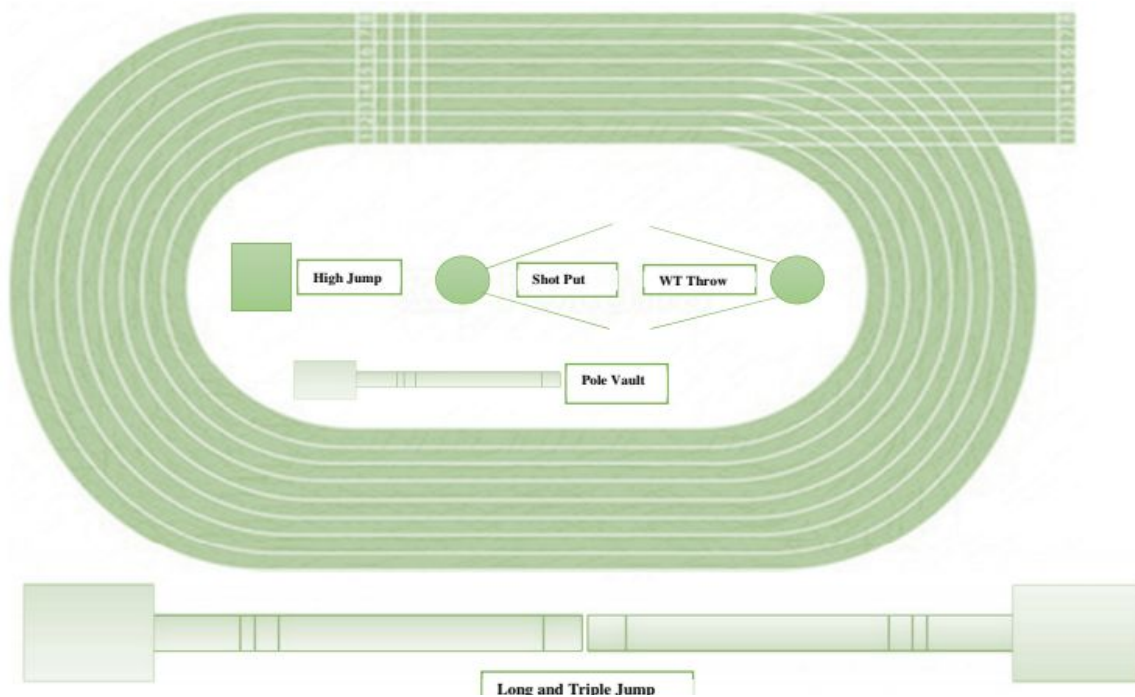
**LATE REGISTRATION: NO LATE REGISTRATION or WALK-UP**

**REGISTRATION!!! The entry deadline is the Friday prior to the meet at 10a.m. Issues with registration may be reported to Carly Reese at [tiffintiming@gmail.com](mailto:tiffintiming@gmail.com) Information on how to register individuals and teams is listed below under how to submit entries.**

**Individual Entry Fees:** \$10 per event, per athlete. Three events = \$30. Limit three individual events. Entries by a team of up to 19 individual entries will be treated as an individual entry fee. A team relay is an additional cost of \$20 in addition to the \$10 individual event entry fee.

**Team Entry Fees:** For teams of 20 individual **event** entries(entries, not athletes), the entry fee will be \$170. For teams of 30 individual event entries, the entry fee will be \$210. For teams of 40 individual event entries, the entry fee is \$230. For teams of 50 individual event entries, the entry fee will be \$250. A relay is considered as four individual entries and will be \$20. Men's and Women's are separate entry fees per gender for separate teams.

**Warm-up/Team Camps:** Set up team camps in the Turf room on the outer edges. Keep a jogging oval around the team camps open for warm-ups and cool-down. No food on the turf! Access to the track and center area will be restricted to coaches, athletes, trainers, managers, and officials.



**Entries Manager:** Carly Reese  
**Email:** tiffintiming@gmail.com  
**Phone:** 419-619-0821



## How to Submit Entries-

### Step 1 – Access your DirectAthletics Account

*Each coach must have a DirectAthletics username and password for his/her team. 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.

### 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.

**[www.directathletics.com](http://www.directathletics.com)**

## **Schedule of Events**

Field – All field events START AT 12PM PV Pit open at 11am, All others 11:30am for warm up.

Running Events start at 12pm (Rolling Schedule)

Boy's & Girl's Long Jump (Separate Pits)

Girl's Shot Put – Boy's to follow

Boy's Weight Throw – Girls to follow

Girl's Pole Vault – Boy's to follow

Boys High Jump Girls to follow

Boys Triple Jump – Girls to Follow

• Triple Jump will be contested at the conclusion of the Long Jumps; only one pit will be used. 12pm (EST): all running events are Girls first, except for the hurdle prelims and finals, Boys first in prelims,

Girls first in the final.

This is a Rolling Time Schedule from 12pm

4x800MR

60m Prelims – 8 to finals

60m Hurdles Prelims – 8 to finals

400m

1600m

60m Final (Boys first girls to follow)

60H Final (Boys first girls to follow)

800m 4x200mR 3200m 200m 4x400mR

- Preferred Lanes for the 200, 400, 4x200mR, and 4x400mR are as follows; 6-5-4-3-2-1
- Preferred Lanes for the 60m and 60mH are 4-5-3-6-2-7-1-8
- 600, 800, 1600, 3200, 4x800mR, and DMR will all use at waterfall start