

Good Morning Coaches,

Thank you for your patience in waiting for this information to be posted. Please read all of the pages included as it includes everything you need to know for the Conference Championships.

Attached you will find information regarding the Conference Championships. Information includes order of events, seeding information and entry blank. Please note LJ & TJ is a pre-entered event which has a limit of 12 jumpers. Seeds must be entered ONLINE and must be verifiable. There is an information sheet for how to enter online that is also attached to this information.

The **DEADLINES for online seeding** and **POSTING** dates for **Long Jump & Triple Jump ONLY** are as follows:

<b>CONFERENCE</b>	<b>MEET DATE</b>	<b>ONLINE DEADLINE</b>	<b>POSTED FIELD</b>
1	January 13 <sup>th</sup>	January 9 <sup>th</sup>	January 11 <sup>th</sup>
2	January 14 <sup>th</sup>	January 10 <sup>th</sup>	January 12 <sup>th</sup>
3	January 15 <sup>th</sup>	January 11 <sup>th</sup>	January 13 <sup>th</sup>
4	January 20 <sup>th</sup>	January 16 <sup>th</sup>	January 18 <sup>th</sup>
5	January 21 <sup>st</sup>	January 17 <sup>th</sup>	January 19 <sup>th</sup>
6	January 22 <sup>nd</sup>	January 18 <sup>th</sup>	January 20 <sup>th</sup>

Please note that ALL deadlines will be strictly enforced. It is YOUR responsibility to enter your athlete online as per the instructions attached. Do not show up to the meet and ask us to enter an athlete. Double check your entry to Tony. Follow up with an e-mail to your respective coordinator. 2<sup>nd</sup> best performances cannot be entered online so please send those to your coordinator.

Thank you to those of you who have already sent your entries.

Kristin : [kristinfrazer@gmail.com](mailto:kristinfrazer@gmail.com)

Dennis: [suziekorn@aol.com](mailto:suziekorn@aol.com)

Tony: [eltorotf@optonline.net](mailto:eltorotf@optonline.net)

## CONFERENCE CHAMPIONSHIPS INFORMATION SHEET

~Coaches must submit an entry blank upon arrival at this meet. Coaches must also place all 3 x 5 cards in the appropriate event boxes upon arrival~

### FAST SECTIONS WILL RUN LAST!

<b>ORDER OF EVENTS</b>	<b>SEEDING/SECTION INFO</b>
G3000/B3200 FINAL	2 turn stagger; 1 section each gender
G/B 55m Semi	Up to 5 heats. Winners and next TBD fastest times depending on entry. Will be announced night of each meet prior to the semi.
G/B 1000 FINAL	2 sections per gender; 2 turn stagger
G/B 55m FINAL	
G/B 600 FINAL	4 sections per gender; 1 <sup>st</sup> 2 heats in alley, 2 <sup>nd</sup> 2 heats (fast) in lane
G/B 55m HH FINAL	5/6 sections (5 or 6 lanes) depending on entry. Final on time.
G1500/B1600 FINAL	2 sections per gender
G/B 300m FINAL	4 sections per gender; 1 <sup>st</sup> 2 heats in alley, 2 <sup>nd</sup> 2 heats (fast) in lane
Boys: Short Break	
Girls: 1500m Racewalk	1 section; 1 turn stagger
BOYS/Girls 4 x 800m RELAY	1 sections per gender; 2 turn stagger
B/G 4 x 400m RELAY	2 sections per gender; 2 turn stagger
B/G 4 x 200m RELAY	2 sections per gender; 1 <sup>st</sup> runner stays in lane; 2 <sup>nd</sup> runner cuts in after pass
Girls/Boys LJ Girls/Boys TJ Girls/Boys Shot put	4 trials; no final
Boys/Girls High Jump	Boys starting height 5' 0; Girls starting height 4' 0
Boys/Girls Pole Vault	Boys starting height 8'0; Girls starting height 6' 0

- Conf. Meets are CHAMPIONSHIP meets with 4 place medals in ALL events
- There is a Champion and a Runner-Up plaque awarded to teams
- Top 3 in Individual races will earn All-Conference Honors
- Top Relay will earn All-Conference Honors

### Entry Info

- Upon arrival each coach must hand in a Section 8 Entry blank and 3 x 5 card for each athlete they have entered in the meet
- Each team is permitted 3 scorers in each individual event (**No non-scorers**)
- Each team is permitted 1 relay in each relay event
- Seed performances must be verifiable -- not estimates! We will only check Tony's Best of Season for this!
- The LJ and TJ count as one of the 3 events permitted per athlete for the selected athletes only. Rejected athletes will be permitted to enter 3 events. (Please review page 1 for all LJ/TJ entry procedures)
- Any athlete who does not have a verifiable seed in an event will be moved to the back of the field. We will only check Tony's Best of Season to verify. Please mark "NO SEED" on your athletes card if they don't have a mark. They will have the ability to score from later heats as every athlete is a scoring athlete.
- Tony Toro: [eltorotf@Optonline.net](mailto:eltorotf@Optonline.net)
- Kristin Frazer (GIRLS): [kristinfraser@gmail.com](mailto:kristinfraser@gmail.com)
- Dennis Kornfield (BOYS): [suziekorn@aol.com](mailto:suziekorn@aol.com)

### Meet Management

- Make sure all athletes are aware of rules regarding conflicts with events (ex. 55 and LJ at same time) The 10 minute rule will be enforced as it has been throughout the season.
- If your athlete NEEDS (not wants) to take consecutive jumps it needs to happen DURING competition and officials will rotate the athletes who NEED to do this. No official jumps occur during warm-ups.
- Numbers determine the running of sections.



# NASSAU INDOORCONFERENCE CHAMPIONSHIPS

## Long & Triple Jump on-Line Procedures

Site is open now and will remain open through Sunday, January 18, 2015 (6:00 PM)

- 1) Go to [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
- 2) Go to: Winter Track Page
- 3) Go to rosters (your athlete must be listed before you can seed them)
- 4) Top left corner you'll see the following (see below)
- 5) Choose: **Meet entries**

<a href="#">Roster</a>	<a href="#">Meet Entries</a>	<input type="button" value="Logout"/>								
School: Baldwin										
Gender: Male	<input type="button" value="Switch Gender"/>									
Last Name: <input type="text"/>										
First Name: <input type="text"/>										
School Year: <input type="text"/>										
<input type="button" value="Add Athlete --&gt;"/>										
<b>Athlete Count:1</b>										
<table border="1"><thead><tr><th>Last Name</th><th>First Name</th><th>Year</th><th></th></tr></thead><tbody><tr><td>Smith</td><td>Dave</td><td>12</td><td><input type="button" value="Delete"/></td></tr></tbody></table>			Last Name	First Name	Year		Smith	Dave	12	<input type="button" value="Delete"/>
Last Name	First Name	Year								
Smith	Dave	12	<input type="button" value="Delete"/>							

The following will appear once you've chosen (Meet Entries)

Click on ([Nassau Indoor Conference Championships](#)) and start entering your Long and Triple Jump Seeds.

A reminder that your athlete must be listed on your roster list before you can seed them.

### Eligible Meets

[Indoor Best Performances](#) – **To be used for Best of the Season**

[Nassau Indoor Conference Championships](#) – **To be used for Long and Triple Jump Seeding**

- 1) Once you've completed seeding your athletes save all entries (Bottom of page)
- 2) Make a copy for your records (Your proof that you entered your athletes)
- 3) Please call Tony if you have any problems with your entries (631-928-0991)