

2015 Assumption HS All-Comers Track Meets

*@ the Assumption Green Sports and Education Complex
4500 Champions Trace Lane, Louisville, KY*

The Assumption High School Track and Field team invites your team to compete in one or both of our All-Comers Track meets on Tuesday, April 21, and Wednesday, April 29. We will accept up to **10 schools** into each meet and as this 10 school limit is reached, that particular meet will be closed and an announcement sent to the KY Coaches listserve. Interested schools should contact Head Coach Barry Haworth via email to request inclusion into the meet (bmhaworth@louisville.edu).

Meet Location: the Assumption HS track facility, the "Assumption Green", is located at 4500 Champions Trace Ln, at the corner of Champions Track and Newburg Rd just south of the I-264. Directions are available at the AHS website (www.ahsrockets.org) under the Athletics link.

ENTRIES:

- unlimited entries in each event for each school
- Coaches should submit a Hytek Team Manager roster via email to Coach Barry Haworth (bmhaworth@louisville.edu) by the entry deadlines
- Entry Deadlines are as follows:
 - **Tues/April 21 meet:** entries should be received by 6:00pm, Mon, April 20
 - **Wed/April 29 meet:** entries should be received by 6:00pm, Tues, April 28
(teams competing on 4/21 do not need to resubmit their roster for the 4/29 meet, but if they intend to compete again in the 4/29 meet, we do need them to contact us and reserve a place in the 4/29 meet before that meet closes)
- no entry fee for teams that submit their entries by the entry deadlines above. Teams will be subject to paying a processing fee of \$25 per boys team and \$25 per girls team to submit their entries after an entry deadline or by showing up to a meet without submitting a roster. This fee must be paid before that team is allowed to compete.
- Teams will be provided with a roster prior to the start of the meet, and the roster will include competitor numbers for each athlete. Competitor numbers should be written onto the back of each athlete's hand (left or right).

ADMISSION: there will be a \$5 admission fee at the gate for all spectators and nonparticipants, children 12 years old and younger are free

AWARDS: no awards

Coaches Meeting: we will host a brief coaches meeting at 4:45pm, just prior to the 5:00 start, at the finish line. We will be asking for help with running the field events, setting up and taking down hurdles, and with monitoring exchange zones on the 4 x 100m relay.

Both meets will utilize the **7:30 guarantee** (i.e., once 7:30 arrives, the meet will end and no more sections/events will be conducted). Any race in progress will be allowed to finish, but any remaining sections will not be started. In field events, competition will end promptly at 7:30pm. Coaches should note this rule when deciding entries and should consider running their athletes in events prior to placing them in the 4 x 400 and possibly even the 300 hurdles.

Field event Schedule: start at 5:00pm, jumps and throws are open pit with specific start/end times

Field Events, 4/21 and 4/29:

Long Jump - 3 attempts (open pit, boys and girls, 5:00-6:30pm)
Discus - 3 attempts (open pit, boys and girls, 5:00-6:30pm)
Triple Jump - 3 attempts (open pit, boys and girls, 6:30-7:30pm)
Shot Put - 3 attempts (open pit, boys and girls, 6:30-7:30pm)
High Jump (boys and girls combined)

Running event Schedule: start at 5:00pm, follows a rolling Schedule, and run girls, then boys

Running Events, 4/21 (Tu):

4x100m relay
1600m run
100m/110m hurdles
100m dash
800m run
300m hurdles
4x400m relay

Running Events, 4/29 (W):

4x100m relay
1600m run
100m/110m hurdles
100m dash
800m run
300m hurdles
4x400m relay
800m Sprint Medley race walk relay

Note that the 7:30 guarantee rule only applies to events that end with the 4 x 400m relay. At our April 29 meet, we will add the 800m Sprint Medley race walk relay as a final event. This will be a combined race with all-girls and all-boys teams and is the only event we would consider running after 7:30pm. I.e. if we can run the race walk relay before 7:30, then we will, but if the meet runs late, then all events will stop at 7:30 and we will run the race walk relay at 7:30.