

ENTRY SUBMISSION: all entries will be submitted through Milesplit (www.kytrackxc.com), and coaches must have a meet entry password in order to submit entries. Coaches may contact Coach Barry Haworth via email (bmhaworth@louisville.edu) for the meet entry password.

- Questions regarding how to use the Milesplit entry system should be brought to the Kentucky Milesplit webmaster, Chris Hawboldt (email provided at the Milesplit website), who can direct your question to the appropriate individual.
- If you contact us for a meet entry password and choose not to attend the meet, then please contact Coach Barry Haworth (bmhaworth@louisville.edu) as soon as possible so that we can properly seed the meet and allow in any teams that may be on the waiting list.
- After entering the meet entry password for the first time, coaches will be asked to select the divisions where their athletes will compete (Open Division and Elite Division). Athletes in both divisions must be entered through the Milesplit portal.

ENTRY GUIDELINES: when submitting entries, please note the following below.

- Coaches may enter up to 3 athletes in each Elite Division event, up to 4 athletes in each Open Division event, and 1 relay team per relay event.
- Each athlete may compete in up to 3 individual events (i.e. overall, regardless of division), not including relays. I.e., athletes can compete in 3 elite division events, 3 open division events or some combination of elite and open division events that totals to 3 events.
- In an effort to attract as many top athletes as possible, we have established a set of entry standards for our Elite Division 100m dash and 1600m run. Athletes who do not meet these standards may still compete in the Elite Division 100m dash and 1600m run, but hitting one of these two standards does provide teams or individuals with certain entry benefits.
 - Teams entering athletes who meet one of these standards will be allowed an additional competitor in the event where the standard was met – if and only if the athlete who met the standard is entered in the event where they met the standard.
 - Individual athletes who meet the standard will have their entry fee waived if they compete in the event where they met the standard. Note that athletes who meet one of our entry standards may still compete in up to 2 other individual events.
 - If you have an athlete who has met one of the standards below (as an overall personal best time, FAT performances only), then please contact Coach Barry Haworth for information about how to submit your entries.

	Boys	Girls
100m dash	12.50	13.50
1600m run	5:15.00	5:50.00

- On meet day, coaches will (only) be allowed to substitute one athlete for another athlete, they may not add a new athlete to an event. Substitutions will also only be allowed if the

new athlete has a competitor number. If an athlete is substituting for another athlete in an event, then we ask coaches to tell this incoming athlete who they are replacing.

CLUB TEAM RELAYS: please note the following guidelines for club teams entering relays.

We do not allow super-relays. All members of every relay team must attend the same school.

Note: these athletes must attend the same school and not simply be enrolled within the same school system. Club team coaches interested in entering relay teams in this meet must do the following for each relay team they submit.

- Prior to the closing of entries, the club coach must submit a list of up to 8 competitors for each relay team entry. For every club team relay entry, we need the name of each competitor, the grade of that competitor (if that athlete is not otherwise competing) and the school where that competitor attends.
- We will verify every club team relay entry. If it is not possible to verify that a specific club team athlete attends the same school as the other relay team members on a specific relay, then we reserve the right to drop that athlete from consideration for that relay. Only verified athletes will be allowed to compete in any relay event.
- **Note:** once the meet begins, club team relay lists cannot be changed (i.e. no additions or substitutions can be made on meet day with any relay list). Again, only athletes verified to compete on a specific club team relay will be allowed to compete on that relay team.