CROSSINGS CHRISTIAN SCHOOL
KNIGHTS INVITATIONAL
APRIL 18, 2015

Crossings Christian School will be hosting our first high school invitational track meet on Saturday, April 18. We have a brand new 8 lane Plexitrac track surface and will be using an automatic timing system. ***This meet will be limited to the first 15 teams to contact us with the intent to attend our meet. To receive and confirm entry, please email Franci MacDonald, fmacdonald@crossingsschool.org***

Location:
> 14100 Wireless Way
> Oklahoma City, OK 73134

Time:
> 9:30 - Coaches Meeting in Fieldhouse
> 10:00 - Field Events
> 10:15 - Running Events

Limitations:
· Only schools entering class 2A and A Regionals may enter.
· Only four (4) events may be entered by one contestant.
· Each team may enter three (3) contestants per individual event, and one team per relay.
· Only 1/4+or less spikes or flat shoes will be allowed on running or jumping surface.
· No one other than track athletes will be allowed on the field and team camps must be set up on the outside of the fence.

Team Points:
> · Points will be scored 10-8-6-4-2-1 and will double for relays.

Awards:
> · Five (5) medals will be awarded in each event.

Fee:
· An entry fee of $75.00 per division or $150.00 for both boys and girls teams will be charged. Individuals will be charged $12.00 up to 4 contestants.
Make checks payable to Crossings Christian School.

Entries:
We will be doing entries through **Direct Athletics**. We have provided directions to assist coaches in the online entry process. We would like your initial entries by **5:00 pm on Thursday, April 16th**. Changes may be made online up until **12:00 pm on Friday, April 17th**. See attached Direct Athletics directions sheet for entry instructions. At the coaches meeting, only scratches and substitutions will be allowed. There will be no new entries allowed at the meeting.

A concession stand will be available to the athletes and spectators. There will be a hospitality room provided for the coaches in the fieldhouse.

KNIGHTS INVITATIONAL
ORDER OF EVENTS

FIELD EVENTS: 10:00 a.m.
* FINALS * (Best of four attempts recorded)

Boys' Pole Vault
GirlsqPole Vault
Girls' Shot Put
Boys' Shot Put
Boys' Discus
Girls' Discus
Boys' High Jump
Girls' High Jump
Girls' Long Jump
Boys' Long Jump

TIMED FINALS: 10:15 a.m.
(*Fat Man Relay*)

400 Meter Relay Girls Boys
3200 Meter Relay Girls Boys
100 Meter Hurdles 33+Girls
110 Meter Hurdles 39+Boys
3200 Meter Run Boys
800 Meter Relay Girls Boys
800 Meter Run Girls Boys
100 Meter Dash Girls Boys

PROPOSED BREAK

3200 Meter Run Girls
400 Meter Dash Girls Boys
300 Meter Hurdles 30+Girls
300 Meter Hurdles 36+Boys
200 Meter Dash Girls Boys
1600 Meter Run Girls Boys
1600 Meter Relay Girls Boys

How to Submit Entries in Direct Athletics - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT
Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click HERE. You will use the same account to enter all meets run through DirectAthletics.   (www.directathletics.com)

**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, for example:

Sport: Track & Field Team: Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

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.