



**CHEROKEE STRIP RELAYS
VARSITY TRACK MEET
APRIL 1, 2016**



Welcome to the Cherokee Strip Relays High School Varsity Track and Field Meet.

We are pleased that you are able to attend. The track is located N of **Medford High School**, N of Hwy 11.

Time Schedule: 9:30 Coaches Meeting (In Press Box)
10:00 Field events begin
10:30 Running preliminaries begin
**Finals will begin 15 minutes after the end of the preliminaries

Teams Planning to Attend:

Please send an email to Sean Herbig at sherbig@medford.k12.ok.us so we can plan on the number of teams participating. Do not forget to enter your teams on the Direct Athletics website.

Facilities:

Rubber, all weather track and runways (1/4 spikes). We have a 6 lane track located north of Hwy 11.

Shot, and discus rings are concrete. LJ will take place west of the stadium bleachers. HJ will take place on the east end of the football field, and PV will take place on the west end of the football field. Parking is located to the north of the football field.

Entries:

Entries will be limited to **Four per individual event and one relay team allowed.** We will be doing entries through Direct Athletics. Most of you may be unfamiliar with the process and we have provided directions to assist coaches in the online entry process. Entries will be opened on Monday March 21st at 9:00 am. Changes may be made online up until 4:00 pm Thursday, March 31st. **See attached Direct Athletics directions sheet for entry instructions.** If you experience any problems please call Sean 580-395-2392.

At the coaches meeting, only scratches and substitutions will be allowed. There will be no new entries allowed at the meeting. There will be no entries at the event, on the day of the meet! Some schools may need to enter a B Team to ensure all of their athletes get entered.

Entry Fee:

\$75.00 per division (\$150 for boys and girls). \$10.00 per individual (up to 3 people).

Scoring:

Individual 10-8-6-4-2-1 Relay 20-16-12-8-4-2

Awards:

We will award medals for the first five places in each event. We will not award team plaques.

Questions:

Please feel free to call Sean Herbig at 580-395-2392, sherbig@medford.k12.ok.us

ORDER OF EVENTS

10:00 Field Events

* FINALS *

Boys' Pole Vault
 Girls' Pole Vault
Boys' High Jump
 Girls' High Jump
Girls' Shot Put (3 Throws)
 Boys' Shot Put (3 Throws)
Boys' Discus (3 Throws)
 Girls' Discus (3 Throws)
Girls' Long Jump (3 Jumps)
 Boys' Long Jump (3 Jumps)

10:00 Preliminaries

Girls' 4 X 100M Relay
 Boys' 4 X 100M Relay
Girls' 4 X 800m Relay (Finals)
 Boys' 4 X 800m Relay (Finals)
Girls' 100M High Hurdles
 Boys' 110 M High Hurdles
Girls' 100 M Dash
 Boys' 100 M Dash
Boys' 3200M Run (Finals)
Girls' 4 X 200M Relay (Finals)
 Boys' 4 X 200M Relay (Finals)
Girls' 3200M Run (Finals)
Girls' 200 M Dash
 Boys' 200 M Dash

FINALS WILL BEGIN 15 MINUTES AFTER THE PRELIMINARIES ARE COMPLETE:

Girls' 4 X 100 M Relay
 Boys' 4 X 100 M Relay
Girls' 800 M Run
 Boys' 800 M Run
Girls' 100 M High Hurdles
 Boys' 110 M High Hurdles
Girls' 100 M Dash
 Boys' 100 M Dash
Girls' 400 M Dash
 Boys' 400 M Dash
Girls' 300 M Low Hurdles
 Boys' 300 M Intermediate Hurdles
Girls' 200 M Dash
 Boys' 200 M Dash
Girls' 1600 M Run
 Boys' 1600 M Run
Girls' 4 X 400 M Relay
 Boys' 4 X 400 M Relay

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.