2019 Tah-Neva Track

**Please find attached:**

 Revised Meet Schedule (Please note $25 fee for each meet)

 Order of Events

 Invoice for weekly track meets (these will be sent out prior to the season)

 Invoice for championship meet (these will be sent out prior to the season)

**Meet Format**

* 6th grade meets
	+ Schools may have two relay teams in 4 x 100
	+ Schools may have more than 4 athletes in each event
	+ All 6th grade meets will be set-up in Athletic.net with all results posted after the meet, similar to regular season meets.
* At regular season meets schools may only have 4 entries in each event. This includes 4 entries in the 100m.
	+ The only exception is the 4x100 relay – each school is allowed to enter two relay teams, an A team and a B team.
		- At championships, only the highest finishing team (either the A or B team) per/school will score team points.
* No stickers are needed for regular season meets.
	+ Athletes will be verbally given their time/mark immediately after completing their event
	+ It is your athlete's responsibility to report their score to coaches
		- Suggestions for this include; team managers/coaches, a dedicated location for a team score sheet/table at your school site and have each athlete write their own mark
		- All marks/times must be entered in to the results template (google sheets – this will be provided prior to each meet) after each meet in order to share results between schools.
			* All results must be entered in to the google results sheet by 12pm on the Saturday after the meet. The results will then be entered in to Athletic.net.
				+ Check the accuracy of your athletes results before entering them. Athletic.net will not accept results that look incorrect (i.e. 7th grade boys cannot run a 100m in 10sec).
				+ A cheat sheet on correct formatting for results will be provided before the season (i.e. field events are 10-01, not 10’1”).
* Field events will be run by coaches from participating schools
* Host schools will be responsible for running events.
	+ However, all teams should bring one parent/teacher volunteer to each of the regular season meets to help with timekeeping
* Possible/Preferred assignments for field events (all schools need to help with field events, so please sign-up for an event).

EVMS HJ

FCA LJ (girls)

Beth Lutheran Shot or Discus

Whittell Shot or Discus

STMS Discus

Lake Tahoe HJ

Incline LJ

CVMS TJ

* At coaches meeting, prior to each meet, assignments will be finalized
* All jumping events will consist of 3 attempts
	+ For high jump, 7th grade boys and girls will be first at meets.
* All meets will have professional starters to run the meets

 (Anthony Davis anttrack2015@gmail.com)

* Each participating school will bring a $25 check to each meet made out to hosting school to cover starter fees (invoice is attached)

**Cancellation of Meets**

* Host school will send out an email by 10:00 a.m. on the day of the meet if cancelled
* The host school is responsible for monitoring any dangerous weather and for making the final decision on abandoning/delaying a meet.
	+ Host schools should have a plan in place in case of lightning
		- Safe space for teams to wait until storm passes, chain of command to make decision on abandoning/delaying meet, etc.

**Order of Events (attached)**

**Small Schools Only**

* You may move athletes up or down to field a relay team during the league meets. However, for championships you may only move an athlete up to fill a relay team (7th grader may run on 8th grade relay team), you can never move an athlete down at championships.

**Championships**

* As discussed and approved via unanimous vote at the Tah-Neva end-of year meeting in 2017, athletes **must** have marks/times entered into Athletic.net before championships in order to compete, and for the following events listed below they **must** be at or above the minimum marks that are set. Athletes that do not meet these conditions will not be allowed to compete at championships -- coaches, it is your responsibility to have times/marks in Athletic.net for the championship meet.
	+ Also, athletes must compete in an event during the regular season to have a qualifying mark/time for championships (i.e. athletes may not compete for the first time in an event at championships).
* The track & field commissioner, Kris Nugent, will set-up in Athletic.net each regular season meet. All coaches must enter their school results after each meet in the provided google sheets. This allows for results to be shared between schools. This was voted on and approved at the 2017 Tah-Neva meeting.
	+ Results from the final regular season meet must be entered in to the google result sheets, which is provided by Kris Nugent, by Friday evening.
* Name tags are required for the 800, 1600, and 3200 at championships.
* Each school may enter two teams in the 4x100 relay team, an A and a B team. Only one of those teams will be eligible to score team points.
* The 7th grade boys and girls 100m will now be run on the home straight at championships, and not along the back straight.
* All field events at championships will have a minimum of 12 entries accepted. For example, if only 7 students qualify for a field event (at or above min. mark) then the next top 5 entries would fill the spots at championships to reach 12 entries.
* If the championship meet is cancelled or events are abandoned due to weather, then the regular season seeding’s will decide championship placings and awards.

**Minimum Marks to Qualify for Championships**

**Discus**

7th Girl 40’

8th Girl 45’

7th Boy 50’

8th Boy 70’

**Shot**

7th Girl 20’

8th Girl 23’

7th Boy 25’

8th Boy 26’

**Long Jump**

7th Girl 10’

8th Girl 11’

7th Boy 12’

8th Boy 13’

**Triple Jump**

7th Girl 20’

8th Girl 20’

7th Boy 25’

8th Boy 30’

**High Jump**

7th Girl 3’8”

8th Girl 3’10”

7th Boy 4’0”

8th Boy 4’2”

**3200m**

18 minutes or lower for all 7B/G & 8G/B.

Championships-May 14th Carson High School

More information to follow

Please send your check for championships by May 1st to:

Lake Tahoe School

995 Tahoe Blvd

Incline Village, NV 89451

Attn: Kris Nugent

\*Make checks payable to Lake Tahoe School