

DEPARTMENT OF ATHLETICS MILFORD HIGH SCHOOL

2380 S. Milford Road
Highland, MI 48357
(248) 684-8212 FAX 684-8295

Meet Manager: **Brian Salyers**
E-mail: brian.salyers@hvs.org

Athletic Director: **Chris Ceresa**
E-mail: chris.ceresa@hvs.org

37th ANNUAL FRESHMAN OAKLAND COUNTY TRACK AND FIELD INVITATIONAL CHAMPIONSHIPS

Saturday, May 24th, 2014 @ Milford High School

- TIME:** 9:00 FIELD EVENTS
BOYS: Shot Put, High Jump, first
GIRLS: Discus and Long Jump and Pole Vault first
- 10:00 PRELIMS
3200 Relay will follow the last 200 prelim
- FINALS: 11:30 OR 20 minutes following the 3200 Relay
- PLACE:** MILFORD HIGH SCHOOL TRACK
(Only 1/8" spikes allowed. Check your shoes)
- ENTRY FEES:** \$75/TEAM; \$140/for combined boy/girl team
Make checks payable to **Milford Track and Field**
Coaches - have your AD send this entry fee to Milford High School
Teams can enter their teams online if the fee has already been submitted.
- **This event is an invitational and is not part of the Oakland County Championship meet entry fees paid in the fall**
- ADMISSION:** \$5.00
- T-SHIRTS:** Will be available by the concession stand for \$10.
- AWARDS:** Medals to the top six places in individual and relay events.
Team trophies awarded to the top 3 boys' and top 3 girls' teams.
- SCORING:** All events: 10-8-6-4-2-1
- ORDER OF EVENTS:** Same as National Federation Rules. BOYS run first in each event
- ENTRIES:** Each team may enter a maximum of **TWO** athletes in the individual events and one relay team in each relay event.
We will enter via the web, using Athletic.net. Entries due on Thursday, May 22nd, 2014 at 12 noon. Please remember that you must be able to print out a version for yourself as proof that the entries were correctly installed. ALL SUBSTITUTIONS ON MEET DAY WILL COST \$10 EACH!!
- DEADLINE:** All entries must be received by Thursday, May 22nd at NOON.
No entries will be accepted without an entry fee. If your entry fee has been sent, YOU CAN ENTER ON LINE AT WWW.ATHLETIC.NET
**No entries will be taken over the phone.

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2013 QUALIFYING STANDARDS: (BOYS/GIRLS)

3200 RELAY:	9:59/11:55	1600	5:05/6:10
110/100 HH	18.9/18.9	3200	11:05/13:15
100	12.7/13.7	400 RELAY	50.5/56.9
200	25.6/28.9	800 RELAY	1:45/1:59.9
400	56.9/66.5	1600 RELAY	3:59/4:39
800	2:18/2:40	POLE VAULT	9' / 6'6"
300 HURDLES	50.5/56.8	DISCUS	100' / 75'
HIGH JUMP	5'6" / 4'7"	SHOT PUT	35' / 27'
LONG JUMP	17'10"/14'2"		

Qualifying standards in the field events ALSO represent the opening heights in the high jump and pole vault.

For the shot, discus, and long jump, the standard represents the distances below which no measurement will be made.

COACHES - PLEASE ADHERE TO THE STANDARDS
Remember, the efficiency of this meet depends on YOU!

ELIGIBILITY: All enrolled ninth grade students are eligible whether they attend a 3 or 4 year high school or a junior high school.

SCRATCHES: COFFEE, DONUTS, SCRATCHES will start at 8:00 AM in the "Coaches Only" room adjacent to the concession stand.
***EACH SUBSTITUTION MADE ON MEET DAY WILL BE CHARGED A \$10 LATE FEE PAYABLE IN CASH AT THE TIME OF THE CHANGE!**
REMEMBER: ONLY TWO ENTRIES ALLOWED IN INDIVIDUAL EVENTS.

AWARDS PRESENTATION:

Awards will be available as soon as the results for that event are announced. At the conclusion of the meet, Team Awards will be presented down on the field.

MAIL ENTRY FEES TO:

CHRIS CERESA
Milford High School
2380 S. Milford Road
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2014 FRESHMAN OAKLAND COUNTY TRACK & FIELD MEET TIME SCHEDULE SATURDAY, MAY 24th, 2014

9:00..... GIRLS' POLE VAULT
GIRLS' LONG JUMP
GIRLS' DISCUS
BOYS' SHOT PUT
BOYS' HIGH JUMP

30 MINUTES AFTER THE CONCLUSION OF THE 9:00 EVENTS:

BOYS' POLE VAULT
BOYS' LONG JUMP
BOYS' DISCUS
GIRLS' SHOT PUT
GIRLS' HIGH JUMP

10:00..... 100 Prelims.....
110 High Hurdle Prelims.....
100 High Hurdle Prelims.....
200 Prelims.....

AFTER LAST 200 Prelim..... 3200 RELAY FINALS.....

11:20..... National Anthem (or 20 minutes after the 3200 Relay if running behind)

11:30..... 110 HIGH HURDLE FINAL.....
100 HIGH HURDLE FINAL.....
100 FINAL.....
800 RELAY FINAL.....
1600 FINAL.....
400 RELAY FINAL.....
400 FINAL.....
300 HURDLE FINAL.....
800 FINAL.....
200 FINAL.....
3200 FINAL.....
1600 RELAY.....



10 MINUTES AFTER THE LAST RACE

Presentation of Team Awards..... Girls
Presentation of Team Awards..... Boys

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Online Entry Submission

This meet is using free online registration at Athletic.net. Athletic.net is a resource for Track & Field and Cross Country coaches, offering free statistic tracking, easy meet registrations, free meet managers, and free tools to simplify coaching tasks. Follow the 4 steps below to get started:

1. Locate your school and sign up for a free coach account (if you do not have one)

- Go to the website: www.athletic.net
- Click on your level under "Track & Field"
- Click on your state, and then your school
- Once on your school's page, click the "Sign Up Here" link and follow the instructions
- After receiving the confirmation email, continue with these instructions

2. Add meets to your season calendar

- Use your email address and password to sign into the website, and click on your school's name in the left navigation bar
- Click "Edit Calendar" in the Coach Tools bar at the top of your school home page
- Where it says "Meet ID:" and click Add
- Review the information and click Save and Continue >
- You may need to click Save and Continue > again
- Repeat this process for the rest of your season calendar (You can also add meets by date, if you don't know the Meet ID)
- Verify on the "Edit Calendar" page that your calendar is correct. Use the Edit button next to the meet to make corrections.

3. Enter team roster

- Click "Edit Athletes" on the Coaches Toolbar, on your school's page
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Frosh Oakland County

- Locate Frosh Oakland County on your school's main cross country page and click on it
- On the right under Team Tools, click Register Athletes.
- Click Increment Divisions to quickly register all your athletes in the first race division, or manually select the race division for each athlete
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.



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