

DERBY MIDDLE SCHOOL INVITATIONAL

Sponsored by Assumption High School, Louisville, KY

Friday, March 22, and Saturday, March 23 - at the Assumption Green

MEET LOCATION: the Assumption HS track facility, the *Assumption Green*, is located at 4500 Champions Trace Ln, at the corner of Champions Track and Newburg Rd just south of the I-264. Please email Coach Barry Haworth for directions if you need them.

Coaches are responsible for reading this meet literature in its entirety.

This meet is open to both club and school teams in good standing with meet management.

Note that **club teams have specific restrictions placed (only) on their relay team entries.**

*This meet is **only** open to competition involving 6th, 7th and 8th grade athletes. **Younger athletes cannot run up, and athletes below 6th grade will be dropped from the meet.** Coaches of younger athletes are encouraged to note that our Derby Elementary Classic meet is on Sunday, March 17.*

ENTRY DEADLINE: 11:59pm, Tuesday, March 19

If the meet reaches capacity prior to the entry deadline, then we reserve the right to close entries before that deadline. If the meet closes early, then we will place teams on a (first come-first listed) waiting list and allow them into the meet if room becomes available. Coaches are encouraged to enter the meet as early as possible.

- Athletes can be entered in the Elite Division or in the Open Division
- **Once the deadline arrives, all entries are final. No exceptions** (this meet is a significant undertaking, and we need sufficient time to seed races, prepare competitor numbers, etc.)
- *Each team's final entry fees is determined by their entries prior to the meet, and not by the number of participants in the meet.*

ENTRY FEES:

\$70 for one Boys team (for teams with fewer than 9 boys: \$8 per competitor)

\$70 for one Girls team (for teams with fewer than 9 girls: \$8 per competitor)

Entry fee checks can be mailed in advance (address below) or dropped off at the meet upon arrival. *Please note that no team will be issued a coaches packet with competitor numbers until their entry fees are paid or payment is verified.*

You can mail entry fee checks to the following address:

Coach Barry Haworth
Assumption High School Athletics
2170 Tyler Lane
Louisville, KY 40205

All checks should be made out to Assumption High School.

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.

AWARDS

Individual awards will be given to the top 8 overall finishers in each event.

The **ONLY** exception will be the following:

- **1600 meter run:** only the top 8 finishers in the Friday evening seeded 1600m race will receive awards. Athletes in the unseeded 1600m race on Saturday will not receive awards.
- **Open events:** there are no awards given to the finishers in open events

Team awards: there are no team awards.

Commemorative shirt: any athlete or relay team that breaks an existing meet record will receive a Derby MS Invitational Record Breaker shirt.

ADMISSION: each day, there will be a \$5 admission fee at the gate for all spectators and nonparticipants (students and seniors are \$3, and children 12 years old and younger are free)

CONCESSIONS: concessions will be sold at the meet by the Assumption HS track team. They would appreciate your patronage.

TWITTER ACCOUNT: the userid of our official Twitter page is @DerbyMSInv

QUESTIONS: may be sent to Coach Barry Haworth **via email (only)** at *bmhaworth@louisville.edu*
Due to the setup associated with this meet, we will not communicate via phone call or text.

MEET EVENT SCHEDULE

Coaches Meeting – 5:15pm (Fri)

Coaches with athletes competing only on Saturday will conduct a brief Coaches Meeting at 2:45pm on Saturday

Friday (March 22) Field events	Friday (March 22) Running events*
<i>Start time is 6:00pm**</i>	<i>Start time is 6:00pm</i>
Open Division Girls Long Jump	Open Division 100 meter dash
Open Division Boys Long Jump	Elite Distance Medley relay [†]
Elite Division Girls Pole Vault	Elite Division 4 x 200m relay
Elite Division Boys Pole Vault	Elite 800m Sprint Medley relay ^{††}
Elite Division Girls High Jump	Open Division 800 meter run
	Elite 1600m Race of Champions (seeded)

* *running events are girls first, then boys*

** *see Field Event schedule tables below for specific field event start times*

[†] *Distance Medley relay legs are 1200-400-800-1600*

^{††} *Sprint Medley relay legs are 100-100-200-400*

Saturday (March 23) Field events	Saturday (March 23) Running events*
<i>Start time is 3:00pm**</i>	<i>Start time is 4:00pm</i>
Elite Division Girls Shot Put	Elite Division 4 x 800 meter relay
Elite Division Boys Shot Put	Elite Division 100m prelims
Elite Division Girls Discus	Elite Division 100m hurdles
Elite Division Boys Discus	Elite Division 4 x 100m relay
Elite Division Boys High Jump	Elite Division 1600m run (unseeded)
Elite Division Girls Long Jump	Elite 100m final Race of Champions
Elite Division Boys Long Jump	Elite Division 400m dash
Elite Division Girls Triple Jump	Elite Division 800m run
Elite Division Boys Triple Jump	Elite Division 300m hurdles
	Elite Division 200m dash
	Elite Division 4 x 400m relay

* *running events are girls first, then boys*

** *see Field Event schedule tables below for specific field event start times*

Expected Running Event time schedule and Field Event Schedules

This meet will follow a rolling schedule with all running events and **not** a specific time schedule. The schedule below is provided to give coaches and parents an idea of when each running event is expected to start. If it is possible to run ahead of this schedule, however, then we will do so. Once entries are finalized, we will issue an **updated** time schedule which will replace the time schedule provided below.

Friday (March 22): Running event schedule

Running Events:	Division	Girls	Boys
100 meter dash	Open	6:00	6:20
Distance Medley relay (1200-400-800-1600)	Elite	6:40	7:00
4 x 200 meter relay	Elite	7:20	7:35
Sprint Medley relay (100-100-200-400)	Elite	7:45	7:55
800 meter run	Open	8:05	8:15
1600 meter run: Distance Race of Champions	Elite	8:25	8:35
1600m DRC Awards presentation		8:45	

Friday (March 22): Field event schedule

Field Events	Division	Start	Event time:	Additional Notes:
Girls Long Jump	Open	6:00pm	Open pit: 6-7:30	
Boys Long Jump	Open	6:00pm	Open pit: 6-7:30	
Girls Pole Vault ^{1,2}	Elite	6:00pm		Starting height: 5-00
Boys Pole Vault ^{1,2}	Elite	6:00pm		Starting height: 6-00
Girls High Jump	Elite	6:00pm		Starting height: 3-06

¹ Pole Vault weight certification: 5:00-5:30pm at the location of the event

² Schools entering athletes in Pole Vault must have a Pole Vault certified coach in attendance

Expected Running Event time schedule and Field Event Schedules (cont.)

See comments on the previous page about the running event schedule below.

Saturday (March 23): Running event schedule

Running Events:	Division	Girls	Boys
4 x 800 meter relay	Elite	4:00	4:15
100 meter dash prelims	Elite	4:30	4:48
100 meter hurdles	Elite	5:06	5:16
4 x 100 meter relay	Elite	5:26	5:40
1600 meter run: unseeded sections	Elite	5:50	6:10
100 meter final : Sprint Race of Champions	Elite	6:30	6:35
100m final SRC Awards presentation		7:16	
400 meter dash	Elite	7:26	7:36
800 meter dash	Elite	7:46	7:58
300 meter hurdles	Elite	8:15	8:33
200 meter dash	Elite	8:51	9:05
4 x 400 meter relay	Elite	7:26	7:36
Expected Meet Finish time		9:20	

Saturday (March 22): Field event schedule

Field Events	Division	Start	Event time:	Additional Notes:
Girls Shot Put ³	Elite	3:00pm	Open ring: 3-4:45	6 lb shot put
Boys Shot Put ³	Elite	5:00pm	Open ring: 5-6:45	4 kg shot put
Girls Discus ³	Elite	5:00pm	Open ring: 5-6:45	1 kg discus
Boys Discus ³	Elite	3:00pm	Open ring: 3-4:45	1 kg discus
Boys High Jump	Elite	3:00pm		Starting height: 4-02
Girls Long Jump	Elite	3:00pm	Open pit: 3-5:00	
Boys Long Jump	Elite	3:00pm	Open pit: 3-5:00	
Girls Triple Jump	Elite	5:15pm	Open pit: 5:15-6:30	
Boys Triple Jump	Elite	5:15pm	Open pit: 5:15-6:30	

³ Unless a competitor can certify that their implement is of the appropriate weight (e.g. some implements have the weight printed on the implement itself), we will ask competitors to use the implements we provide.

Specific Meet-related guidelines and restrictions

Warmup areas:

Discus area: weather permitting, the discus area (grass field just outside the softball field's outfield fence) may be used for warmup on Friday evening only. This area is not open for competition on Saturday, as the discus competition will be held on Saturday.

Turf field: the turf field is open for warmup by athletes who are preparing for their event. Note that this area is closed to spectators. Once the meet begins, only competing athletes and designated coaches will be allowed on the turf infield.

Access-related Restrictions:

Track: this area of competition includes everything inside the fence (this is the area of competition for all running events, high jump, pole vault, long and triple jump)

- *Each team will be issued 2 wristbands for coaches to wear. These wristbands will provide those coaches with access to the area of competition once the meet begins.*
- *When the meet officially begins, an announcement will be made which asks all non-participants to exit the area of competition.*
- *Athletes who are not competing or warming up should stay out of the area of competition until they are ready to begin warming up for their event.*

Shot Put: this area of competition will be designated by yellow tape

- No one may enter the area of competition unless their coach is present, or until a shot put official is present (e.g. prior to or after competition concludes, athletes may not practice without a coach or meet official present).

Discus: this area of competition consists of the grass practice field, just outside the softball diamond's outfield fence.

- The discus area is closed to all discus practice on Friday, and will be open for running event warmups on this night only. No discus practice will be allowed until Saturday when the area is open for competition.

TEAM CAMPS: teams may set up their team camp in the area between the track stadium bleachers and softball field. No team camps may be set up inside the fence bordering the track or in any area of competition (e.g. shot put area or discus area). The softball field (inside the fence) will also be closed. Due to a newly installed irrigation system, we do not allow teams to anchor down their tents with metal stakes, nails, or anything that involves a hardened object being hammered into the ground.

FOOD and DRINKS: no food of any kind or drinks other than water will be allowed inside the fence bordering the track. This includes sunflower seeds, candy, gum, etc.

TRASH: teams are asked to please deposit any trash, gum, etc., in the appropriate location.

PETS: no pets are allowed within the Assumption Green facility.

Closed areas: the following areas are closed to access by everyone other than meet officials

- At the close of competition in pole vault, triple jump and high jump, these are closed areas
- The finish line area inside the fence (marked with yellow tape) is a closed area
- The timer's camera area (marked with yellow tape) is a closed area

It is very important that coaches assist us in keeping their athletes, parents and spectators out of our restricted areas. If any unauthorized individual enters these areas, then we will ask them to leave the area, but will stop the meet if this becomes a problem.

Spectator Conduct: we have zero tolerance for inappropriate behavior and comments by spectators, athletes and coaches.

If parents or spectators have a concern regarding a meet official (or any assistant of the meet official), then those concerns should be brought directly to the team's coach who can then privately communicate those concerns with the respective meet official or meet manager.

Any individual making comments considered inappropriate by one of our meet officials will risk being removed from the facility by security staff and may ultimately be banned from participating in future meets at our facility. In extreme cases, this ban may be extended to the school associated with that parent or spectator.

RULES OF COMPETITION:

1. **No super-relays.** All relay entries must consist of athletes who attend the same school.

- *Club team coaches: please read the instructions (above) for your submission of relay entries. Note that these guidelines only affect the submission of club team relay entries.*

Note: this rule is consistent with how HS events like New Balance Indoor Nationals and New Balance Outdoor Nationals are conducted.

2. We will conduct horizontal jumps and throws in an open pit format. Athletes must conduct their attempts within the time frame provided (see the meet schedule). The number of attempts in the horizontal jumps and throws will be set prior to the start of the meet and announced.

3. Coaches are strongly encouraged to ensure that their athletes understand how each field event will be conducted. Athletes should be informed about how an open pit/ring system works and that they should all check in at the start of their field event.

- **Open Pit/Ring events** (long jump, triple jump, shot put, discus): athletes are not required to stay at the location of these events and may leave one of these field events to participate in another event. In shot put and discus in particular, the athlete is recommended to first inform the meet official at the event but must be sure to return before the end of the open pit/ring period. Coaches: once the long jump, triple jump, shot put and discus are closed, we will not allow late-appearing athletes to compete.
- **High Jump and Pole Vault:** you must check in to your event at the beginning of competition for your event. Athletes who show up after competition begins may risk not being allowed to compete. In both of these events, once the bar has been raised to the next height, the bar will not be lowered to a previous height.
 - Pole vaulters: prior to competing, you will be asked to verify that your pole is appropriate for your reported weight. Athletes cannot compete with poles that are not appropriate for their weight.

5. Athletes will wear competitor bibs. Any athlete who competes without a competitor number or with an incorrect competitor number is subject to disqualification.

6. Running events that do not start in lanes will utilize a waterfall start unless the volume of the field requires that we utilize alleys. Coaches are strongly encouraged to speak with their athletes prior to the meet and discuss this with them.

7. The 4 x 400 meter relay will be run with a two-turn stagger.

8. Shot Put/Discus: We will provide implements at each throwing event. Unless a competitor can certify that their implement is of the appropriate weight (e.g. some implements have the weight printed on the implement itself), we will ask competitors to use the implements we provide.

- Girls Shot Put is 6 lbs
- Boys Shot Put is 4 kg (note that this is the weight of the HS girls shot put)
- Boys and Girls discus is 1kg (note that this is the weight of the HS girls discus)

9. Hurdle distances and heights are as follows:

- Girls 100m hurdle height is 30 inches
- Boys 100m hurdle height is 33 inches

- Boys and Girls 300m hurdle height is 30 inches

10. Coaches may substitute one athlete for another athlete in any individual event, but only if both athletes have already been assigned a competitor number. We will not allow (late) adds at the meet. In order to conduct a smooth meet, we also ask that coaches report any scratches as soon as possible. Once the meet begins, scratches may be reported to the clerk of the course.

12. As per NFHS rules, schools entering athletes in the pole vault must have a pole-vault certified coach in attendance at the meet. Information on pole vault certification is provided at the KHSAA website (khsaa.org).

13. All disqualifications are final, but coaches should be aware that we will strive to only disqualify athletes as a last resort and where it is clearly appropriate. E.g., this includes situations where an athlete competes in a laned race, but leaves their lane during the event and impedes another athlete or relay team.

14. **Seeding.** All races with multiple section finals will be seeded as fastest to slowest. Although not required, coaches are strongly encouraged to provide accurate seed/entry marks for their athletes when submitting entries. Seed/entry marks that are clearly incorrect will be changed to NT.

- ***Seeding in the 1600:*** we will verify the entry marks of all entries with the potential to qualify for the Friday night Distance Race of Champions 1600m run. Coaches should be prepared to provide evidence of performance for any athlete who may be potentially seeded into this race. If coaches would like to enter athletes in the 1600, and those athletes are capable of making the Friday evening seeded race, but cannot attend the Friday evening race, then please let us know about this conflict as soon as possible. Those athletes would be placed in the unseeded Saturday 1600m race (note that top finishers in the unseeded race do not receive awards).
- ***No seed mark.*** athletes entered without marks will be seeded as NT in the slower sections of any seeded final.

DERBY MIDDLE SCHOOL INVITATIONAL MEET RECORDS

Boys

100 meter dash	11.73	James Moore (Unattached), 2016
200 meter dash	23.83	Ryan Long (Trimble County MS), 2017
400 meter run	55.23	Jeremy Rice (North Oldham MS), 2007
800 meter run	2:13.65	Ethan Dych (College View MS), 2017
1600 meter run	4:49.17	Sean Breeds (Meade County MS), 2006
100 meter (33") hurdles	15.82	Hasani Williams (Kammerer MS), 2017
300 meter (30") hurdles	47.89	Vincel Anthony (Jefferson Co Traditional), 2018
4 x 100 meter relay	48.49	Highland MS, 2007
4 x 200 meter relay	1:44.79	Jefferson County Traditional MS, 2018
4 x 400 meter relay	3:53.22	Westport MS, 2007
4 x 800 meter relay	10:06.05	North Oldham MS 2018
Sprint Medley relay	1:54.70	Jefferson County Traditional MS, 2018
Distance Medley relay	11:56.00	Meade County MS, 2006
Long Jump	18-05.00	Travis Klondike (Meyzeek), 2006
Triple Jump	32-09.00	Nolan Siegrist (St. Andrew), 2015
Shot Put (4k)	43-02.75	John Wolff (Notre Dame Academy), 2005
Discus (1k)	108-00	Justice Thompson (Kammerer MS), 2017
High Jump	5-04.00	Henry Robbins (Shelby West MS), 2017
Pole Vault	10-00.00	Clay Franklin (North Oldham MS), 2017

DERBY MIDDLE SCHOOL INVITATIONAL MEET RECORDS

Girls

100 meter dash	12.74*	Tiffany Rogers (Meyzeek MS), 2005
200 meter dash	26.34*	Jazzmin Jeter (Westport MS), 2005
400 meter run	1:00.77	Kamaya Johnson (Unattached), 2018
800 meter run	2:27.07	Jessica Secor (Our Savior Lutheran), 2018
1600 meter run	5:17.79	Jessica Secor (Our Savior Lutheran), 2018
100 meter (30") hurdles	17.68	Sarah Gaynor (North Oldham MS), 2015
300 meter (30") hurdles	54.33	Crew Hoffmeier (St. Edward), 2016
4 x 100 meter relay	54.87	Jefferson County Traditional MS, 2018
4 x 200 meter relay	1:56.96	Jefferson County Traditional MS, 2018
4 x 400 meter relay	4:35.68	North Oldham MS, 2016
4 x 800 meter relay	11:12.58	North Oldham MS 2018
Sprint Medley relay	2:02.67	Kammerer MS, 2018
Distance Medley relay	13:43.24	St. Edward, 2016
Long Jump	15-03.50	Kristen Newberry (Notre Dame Academy), 2006
Triple Jump	29-10.00	Rachel Gaynor (North Oldham MS), 2017
Shot Put (6 lb)	34-01.00	Emily Slaven (Walden), 2006
Discus (1k)	73-03	Anyiaha Junior (Kammerer MS), 2017
High Jump	5-00.00	Laila Walker (Collegiate), 2017
Pole Vault	9-00.00	Katie Wright (North Oldham MS), 2017

* *FAT adjusted*