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# 7<sup>th</sup> Jerry B. Griffin Invitational

December 9, 2009

Dear Coaches:

The Sam Houston Track Team will be hosting their 7<sup>th</sup> annual Jerry B. Griffin Invitational Meet. The meet will be held Saturday, February 20, 2010 on the campus of Sam Houston High School.

We will accept the first 15(fifteen) boys and girls teams to complete our field of competitors. **Entry fees: one team \$125.00, two or more \$175.00.**

Any questions, you can contact Coach David Hill via email: [dhill@aisd.net](mailto:dhill@aisd.net), or by phone 817/504-5303 cell phone or Sam Bell via email: [sbell@aisd.net](mailto:sbell@aisd.net), or by phone 214/282-7047.

Thank you in advance for your time.

Sincerely,

David Hill  
Head Girls Track Coach

Sam Bell  
Head Boys Coach

*No excuses just results*

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This attachment includes log in directions for Direct Athletics, as well as the list of teams participating in this years meet. Coaches meeting will be at 7:30 AM (day of meet) in the school cafeteria. Coach's packets will be distributed at this time.

## How to Submit Entries - 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.*

**\*\*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 anytime 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.

## Special Notes

### Due to the size of our meet, entries will be as follow:

- Each team is allowed three (3) entries per event for Varsity and two (2) entries per event for Junior Varsity. This applies to all events-running and field events. There will be No Finals for field events. Varsity will be given 4 attempts and Junior Varsity will be given 3 attempts. All field events will have standard mark distance that must be met in order to get a measurement. This information will be in meet information.\*
- There will be no team camps on the infield. You are welcomed to set up camps on the outside of the stadium.
- Both straight-aways will be used during the meet. The 100 M dash will be on the east straight-away and the 100/110 Hurdles will be on the west straight-away. If you have an athlete running in both events, let us know in order to help with the heating of that athlete.
- Varsity will prelim the 4X100 and 4X200 relays and the 4X400 will run as a timed final. 9<sup>th</sup> and JV relays will be timed finals, depending on the number of teams submitted. Teams in contention of possibly winning the meet will be heated together in the 4X400 relay. There is no entry location for the throwers relay-you can sign up your team at the Coaches meeting, day of the meet.
- Deadline to enter entries is February 18, 2009, by 5:00 p.m.
- Any questions concerning the meet and/or heating process, feel free to contact Coach Hill via email at [dhill@aisd.net](mailto:dhill@aisd.net) or via phone 682-867-8200 or 817-504-5303.

### Teams Participating in the 7<sup>th</sup> Annual Jerry B. Griffin Invitational

Girls	Boys
Arlington Bowie	Arlington Bowie
Desoto	South Hills
Dunbar	South Lake Carroll

Paschal	Dallas Skyline
Poly	Paschal
Mansfield Legacy	Mansfield Legacy
Dallas Skyline	Western Hills
Arlington Seguin	Trimble Tech
Waco Univ. H.S.	Lamar
Lamar	Arl. Sam Houston
Trimble Tech	Martin
Arl. Sam Houston	Plano East
Martin	
South Hills	
South Lake Carroll	
Southwest	
Plano East	



### Schedule of Events

**Field Events: Starting @ 8:00 am**  
**Discus:** VB, JVB, VG, JVG  
**Long Jump:** JVB, VG, VB, JVG  
**Triple Jump:** VB, JVG, VG, JVB  
**Shot Put:** VG, JVG, VB, JVB

**High Jump:** JVG, VB, JVB, VG (VB starts at 5'6" up 2" to 6'), (VG starts at 4'4" up 2" to 5'), (JVB starts 5" up 2" to 5'2"), (JVG starts 4' up to 4'2")

**Pole Vault:** JVG, VG, JVB, VB (VB starts at 8' increase up 6"), (VG starts at 6' increase up 6"), (JVB starts at 7' increase up 6"), (JVG starts at 5' increase up 6")

**Running: Starting @ 8:00 am**

3200 Meter Run: JVG, JVB, VG, VB

**Saturday Morning Start Time: 9:00 a.m.**

4X100 Meter Relay: 9<sup>th</sup> G, 9<sup>th</sup> B, JVG, JVB, VG, VB

800 meter run: JVG, JVB

100 Meter Low Hurdles: JVG, VG

110 High Hurdles: JVB, VB

100 Meter Dash: JVG, JVB, VG, VB

4X200 Meter Relay: 9<sup>th</sup> G, 9<sup>th</sup> B, JVG, JVB, (Timed Finals)

400 Meter Dash: JVG, VG, JVB, VB (No blocks used)

300 Meter Intermediate Hurdles: JVG, VG, JVB, VB

200 Meter Dash: JVG, JVB, VG, VB

1600 Meter Run: JVG, JVB

**FINALS WILL BEGIN 1 HOUR AFTER THE LAST PRELIM RUNNING EVENT**

Throwers Relay-male and female throwers are welcomed!

4X100 Meter Relay: VG, VB

800 Meter Dash: VG, VB

100 Meter Low Hurdles: JVG, VG

110 Meter High Hurdles: JVB, VB

100 Meter Dash: JVG, JVB, VG, VB

4X200 Meter Relay: VG, VB (Timed Finals)

400 Meter Dash: JVG, JVB, VG, VB

300 Meter Intermediate Hurdles: JVG, VG, JVB, VB

200 Meter Dash: JVG, JVB, VG, VB

1600 Meter Run: VG, VB

1600 Meter Relay: 9<sup>th</sup> G, 9<sup>th</sup> B, JVG, JVB, VG

**Field Event Standard Marks:**

**JVG VG JVB VB**

<b>Shot Put:</b>	25	30	35	40
<b>Discus:</b>	75	90	105	120
<b>Long Jump:</b>	12	15	16	19
<b>Triple Jump:</b>	27	30	36	40