

April 12, 2013

Coaches,

It is almost time for the 2013 Middle Tennessee A-AA Track Subsection and Section meets. We are happy to have a new 8 lane track and new long jump, triple jump and pole vault runways. Unfortunately, the high jump area repair was put off until a later date. We will do the best we can to make the high jump fair for all participants. We will have to use a portion of the track on the south end to get a flat surface.

The Pentathlon (April 29) and Decathlon (April 29 and 30) will be held at Lipscomb at 4:00 each day. **THE ENTRY DEADLINE FOR THE PENTATHLON AND DECATHLON IS NOON ON THURSDAY, APRIL 25.** (The link for Pentathlon and Decathlon entries is: <http://alltraxtiming.homestead.com/TNMultiEvents.html> ) The Subsection Meets will be held on May 7 and 9. The Section Meet will be on May 14 and 16

The East will be hosted by MLK at the old TPS campus and the West will be at Lipscomb. Stephen Dorris will be the meet director for the East and Tim Taylor will be the meet director for the West. Below are the teams in our section that are listed by the TSSAA as having track teams.

East Subsection HOST- MLK Magnet-22 teams	West Subsection-HOST-David Lipscomb-24 teams
Central Magnet-Murfreesboro, Clarkrange, Clay County, East Literature, Friendship Christian, Goodpasture, Greenbrier, Livingston Academy, LEAD Academy, Macon County, Maplewood, MLK Magnet, Merrol Hyde Magnet, MTCS,,Stratford, Trousdale County, Upperman, Watertown, White House, White House Heritage, York Institute	Cheatham County, CPA, Columbia Academy, Creek Wood, Lipscomb Academy, Eagleville, East Hickman, Fairview, Fayetteville, Hampshire, Harpeth, Hickman County, Hume-Fogg Magnet, Loretto, Montgomery Central, Nashville Christian, Page, Pearl Cohn, Spring Hill, Summit, Sycamore, Waverly, Whites Creek

In all field events and the 800, 1600 and 3200, the top 3 from each subsection will qualify to move on to the section finals plus the next best 6 qualifiers overall for a total of 12 people in these events. In the sprints and in all relays, the top 2 from each subsection plus the next best 4 overall for a total of 8 will move on to the section finals. (This is a change from past years because our new track has 8 lanes.)

We will follow the same subsection format as last year. On Tuesday, May 7, we will have all field events (except the vault) and the 3200 m run. All other running events will take place on Thursday, May 9. In all running events, we will run section vs. times. The heats will be organized based on times and the fastest times will be in the final heat. This makes it important that accurate times are turned in for athletes. Please note that the pole vault will not be held at the subsection meet. All pole vaulters will go straight to the section finals.

**Entries for the Pentathlon and Decathlon (at Lipscomb) ARE DUE BY noon on THURSDAY, APRIL 25.** Entries may be made online through the either Alltraxtiming.com or the Tennessee Runner web site ([tn.milesplit.com](http://tn.milesplit.com)). There should be a link to the official registration site on the TSSAA home page soo as well.

**SUBSECTION ENTRIES ARE DUE BY 5:00 P.M. ON FRIDAY, MAY 3.** It would be a great idea for **you to go ahead and enter or update your team roster at Mile Split when your team roster is set.** The method for entering your team roster will take some time. After you register at [tn.milesplit.com](http://tn.milesplit.com) for an account, you will have to wait to receive a confirmation e-mail from them. If you wait until the day of the deadline, you will likely not receive confirmation in time to finish. If you will establish your roster early, the actual entry process will go much faster.

Athletes may only be in 4 total events (the pentathlon and decathlon do not count in this.) For example, if an athlete is in 1 field event and 2 individual running events, the athlete may only participate in one relay. He/she may be listed in all 4 relays, but can only participate in one of them. The subsection and section meets are considered as one continuous meet, so the event limit applies to the total meet. Please get your entries in on time or you will be charged a late fee of \$25 per day (per TSSAA rules). Any changes that involve a substitution made after the deadline will also be subject to the TSSAA fine of \$25 per day. Scratching an athlete from the meet is not subject to a fine. Trying to add an athlete or submit a new name in an individual event will result in the fine.

The jewelry and uniform rules will be enforced. The only warning required is one over the PA system before the meet. Please make sure your athletes are properly dressed for competition.

**Entry fee checks are due in by Thursday April 25.** (Please get your entry fees in on time to avoid us having to collect fees during the meet.) ALL entry fees (for both the East and the West) should be sent in to Tim Taylor, Lipscomb Academy High School, 3901 Granny White Pike, Nashville TN 37204. Checks should be made out to Lipscomb Academy. They should be mailed in time to arrive by April 25. Entry Fees will be \$130 per school; (\$65 if only a boys or girls team) or \$10 per athlete if 6 or fewer athletes.

We will plan to have a business meeting of all coaches about 30 minutes before the start of the section running finals on May 16.

Thanks,

Tim Taylor

Lipscomb Academy High School

[Tim.Taylor@Lipscomb.edu](mailto:Tim.Taylor@Lipscomb.edu); [\(615\)966-6444](tel:(615)966-6444)

**PENTATHLON AND DECATHLON** (Tim Taylor Lipscomb is the director.)

**Monday, April 29:** 4:00 at Lipscomb. Pentathlon and Decathlon Day 1

**Tuesday, April 30:** 4:00 at Lipscomb. Decathlon Day 2

**SUBSECTION MEET SCHEDULE** (East hosted by MLK; West hosted by David Lipscomb)

**Tuesday, May 7.** Subsection Day 1:

Field events and the 3200 subsection finals will be held. \*Pole Vault will go straight to the finals

4:00 Field Events begin. We will start promptly at 4:00. Make sure you arrive early enough to be ready.

Session A: **Girls** Shot, High Jump, and Triple Jump; **Boys** Discus, Long Jump,

Session B: **Girls** Discus, Long Jump **Boys** Shot, High Jump and Triple Jump

3200 M Run will be after the field events are completed. We anticipate that will be around 7:00.

**Thursday, May 9:** 4:00 Subsection running finals in all events except the 3200. All events will be section vs. times. Participants will be ranked by time and the fastest heat will run last. In the sprints and in all relays, the top 2 plus the next best 4 times from the overall section will move on to the section finals.

**SECTION FINALS SCHEDULE at David Lipscomb:**

**Tuesday, May 14**

4:30 High Jump and Pole Vault; Other field events will begin at 5:00.

Field event finals-1 flight of 12 in each field event

Session A: **Girls** Shot, High Jump, and Triple Jump;

**Boys** Discus, Long Jump, and Pole Vault

Session B: **Girls** Discus, Long Jump and Pole Vault;

**Boys** Shot, High Jump and Triple Jump

Session C: After the high jump has been concluded. This could be 7:00 or later.

Girls 3200 M run finals

Boys 3200 M run finals

**Thursday, May 16**

5:30 Section meet running finals will be held in the State Meet order. Individual medals for the top 8 places and team awards to the top 4 teams will be presented.