

35th Annual Jock's Nitch/PSU Gorilla Relays

hosted by Pittsburg State University

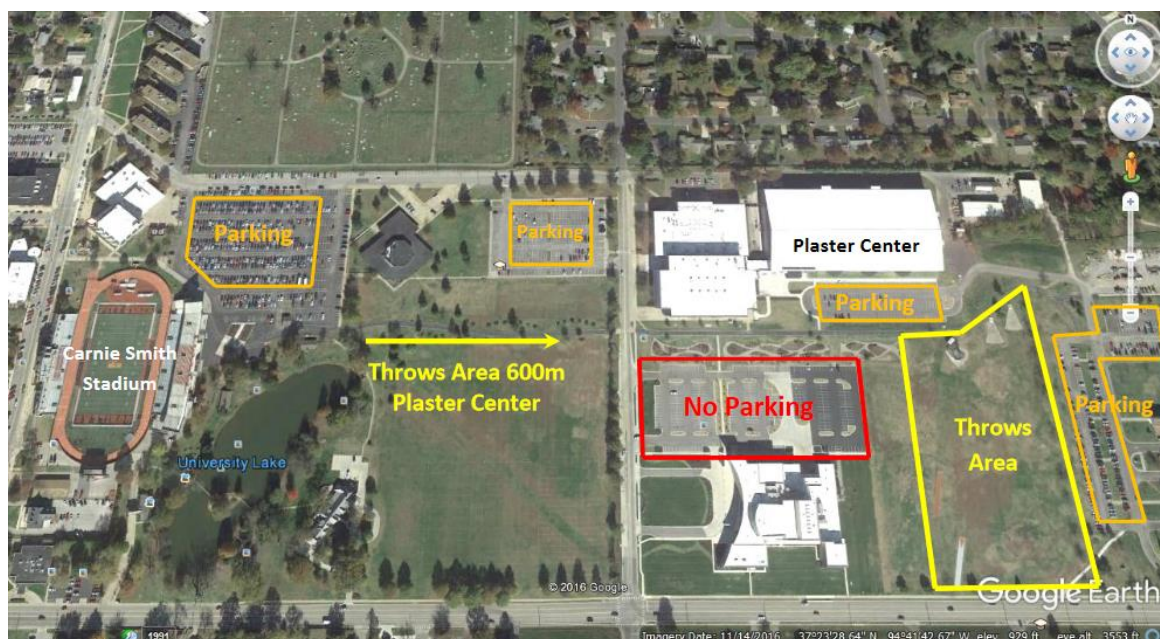


Friday, April 5th, 2024

- Site:** Prentice Gudgen Track • Carnie Smith Stadium • Pittsburg State University
- Starting Times:** 3:00 p.m. Field Events 3:30 p.m. Running Events
- Admission:** \$5.00 per person, 12 & Under and PSU College Students with a Valid Student ID are Free
- Entries:** Entries are due no later than 7:00 pm, Tuesday, April 2nd through www.directathletics.com at this time entries are final and considered entered and declared. **Please refer to the Direct Athletics Entry Assist Sheet when registering your teams.** We will send out accepted entries Wednesday morning no later than noon, April 3rd. **Scratches only** please after the entry deadline, we will **not** accept additions or changes. Enter your field event marks in **feet and inches, NO METRIC marks**, please. Please enter a mark you feel your athletes can perform at this time. In the **vertical events**, please do not enter a starting height for your athlete's speculative mark. Enter a height you feel your athletes are ready to jump at this time in order for us to set accurate progressions for the events. The seeded meet program will be emailed to coaches on Thursday along with final meet notes regarding the meet. **Meet Director reserves the right to limit field sizes in open events to remain within the time schedule of events. Teams will be notified in advance of accepted entries via email, and they will also be posted on our website. Please note that Entry Marks will be posted on the accepted entries.**
- Entry Limit:** You may **enter up to 3 athletes per event and one team per relay. Due to us not being able to use the Plaster Center for events, meet management will limit field sizes to stay within the time frame of the posted schedule.** Due to us not having lights at our throwing venue, the meet director reserves the right to implement minimum marks in the throwing events if the field sizes warrant. If a minimum line is used, it will go into effect for the second and third round attempts. Coaches will be notified prior to arrival in Pittsburg via email if minimum marks will be Implemented and their distances for each event. This is a high-level Varsity meet, please no JV level athletes.
- Entry Fee:** **\$25.00 per individual with a maximum of \$175 per team. Girls' and boys' teams are separate.** Make check payable to PSU Gorilla Relays. **Teams will be charged for entries that are accepted into the competition.** Please pay entry fee upon arrival to stadium in the south concessions stand on the east side. Please pay with cash or check the day of the competition, please no PO's if possible.
- Registration:** All coaches must check-in to pick up packets and pay entry fee in the concessions stand under the east stadium. Meet day scratches will be accepted at this time for running events, field event scratches will be accepted at the event site to help make the meet run smoothly. No additions or substitutions, please. Coach's packets with heat sheets and updated time schedules will also be distributed at registration. Coaches will be emailed heat sheets along with an updated time schedule prior to arrival on meet day. There is not a Coaches Technical Meeting, all info pertaining to the meet will be sent via email in advance of the meet day or in the packet at packet pickup. We will use the email address linked to your Direct Athletics entry account.

PV Forms:	All out of state, non-Kansas pole vaulters will be required to have a signed Pole Vault weight verification form to submit upon check-in at the pole vault competition site to the head pole vault judge. The form will be available on our website to be downloaded and brought with you the day of the meet.
Clerking:	Hip Numbers will be located on the infield of the stadium and can be picked up 30 minutes prior to the start of their event. Athletes need to report to the Clerk (orange vest) 15 minutes prior to the start of their race to be given final instructions. Hip numbers will be worn on the left hip and left upper portion of the chest. Only the last leg of relays need hip numbers.
Horizontal Field Events:	We will contest the competitions in 3 preliminary rounds with the top 9 athletes moving on to a final of 3 more attempts.
200m Dash:	Starting Blocks can be used, but we ask that athletes do NOT use a runout before their race in order to save time in the competition.
400m/4x400m Relay:	We will NOT allow the use of starting blocks in an effort to save time and be able to allow more athletes into the competition.
Honest Effort:	The honest effort rule will apply in the High School Gorilla Relays. This rule is as follows: Any athlete who starts the meet and chooses not to compete in an event in which he/she is already entered will be scratched from all remaining events in which he/she is entered.
Overlapping Events:	Athletes who are competing in two events at the same time will be allowed to jump or throw out of order within the assigned flight of a field event [or in a different flight if necessary] during the prelims. All excused competitors must complete their preliminary attempts by the end of the last flight of competitors. The finals will not be delayed for excused athletes. In the high jump and pole vault athletes may, with the permission, jump out of the listed order. The competition will continue in the excused competitors' absence, and the competitor shall compete at the existing height upon their return, being allowed the number of attempts they had remaining when excused. If a competitor is not present for an attempt before the bar is raised, he/she will be credited with a 'pass'. Athletes will not be allowed to switch heats or lanes in any running event. Please tell your athletes to check out and check in with the head judge in the field events that overlap. Please note that our throwing area is not close to Carnie Smith Stadium when entering your athletes in the meet. Please take the meet schedule into account when entering your athletes in events. There may be events that your athletes are not able to do at this competition that they would normally be able to do at a regular season competition.
Awards:	Medals will be awarded to the top 3 athletes in each event. Plaques will be awarded to the winning girls' and boys' teams as well as the Runner-up teams. All awards will be mailed to the coaches after the conclusion of the competition, we cannot accurately present medals day of competition. We will present the team plaques at the competition.
Facilities:	Polyurethane surface with 42" lanes. Jumping areas are all polyurethane; shot and discus areas are concrete; javelin area is Mondo. The throwing areas are located southeast of the Robert W. Plaster Center.
Results:	Results will be available approximately 30 minutes after the conclusion of the meet and will be announced and posted during the meet. Results will also be available on Midwest Timing and Results Website at: www.midwesttiming.com
Spikes:	1/8" or 1/4" pyramid spikes only. No needle or pin spikes. Violators will be disqualified.
Scoring:	Team scores will be kept as follows: Individual Events: 10-8-6-5-4-3-2-1 Relay Team Events: 20-16-12-10-8-6-4-2
Team Areas:	Please keep all team camps in the EAST grandstands. Only those athletes warming up for an event will be allowed on the infield. To alleviate congestion on the infield, we ask that you do not start your infield warmup more than 30 minutes prior to the start of your race. Please keep tents and canopies in the top row of the bleachers so others can see the track.

- Electronics:** All electronic devices including headphones/earbuds are always prohibited on the track or in the infield.
- T-Shirts:** Commemorative Gorilla Relays T-shirts will be available for purchase in the south concessions stand under the east side stadium. They will be available for purchase upon arrival to the stadium. Tee shirts are \$20.00 per shirt. Sizes Small through 2XL are available, cash or check only please.
- Concessions:** Concessions will be sold in the concessions stands under the east and west sides of the stadium.
- Sanctioning:** This meet will be fully sanctioned through the KSHSAA and NFHS for Kansas, Missouri, Oklahoma, and Arkansas high schools.
- Parking:** All team vehicles can park in the Brown lot on the East side of Carnie Smith Stadium, and in the west side parking lots at the Weede Physical Education Building. Throwing Area parking is in the Kansas Technology Center parking lot located to the East of the Throwing Complex or the Plaster Center parking lot on the North side of the throwing area, please no buses in the Plaster Center lot. See attached map for more details.



- Athletic Training:** Trainers will be available during the meet to administer first aid. Trainers will be in the home football locker room in the northeast corner of the stadium. Trainers will also be present at the throwing area. Please bring your own athletic tape and other necessary supplies. Please contact Track specific trainer Kevin Kalm at 620-235-4538 with more specific meet day athletic training info.
- More Info:** Call Brian Mantooth at (620) 235-4652 - bmantooth@pittstate.edu