

## **Pleasant Hill Middle School Invitational April 11, 2017**

**Entries:** Online entries should be made on [www.athletic.net](http://www.athletic.net) (Pleasant Hill MS Invite).

**The deadline for entries is Monday April 10<sup>th</sup> at 12:30pm.** Events are limited to 4 athletes per team – individual event, 1 relay team per team, maximum 4 events per athlete.

**Participating Teams:** Pleasant Hill, Butler, Clinton, Grain Valley, Knob Noster, Oak Grove, Odessa, Sherwood, and Warrensburg.

**Scoring and awards:** Team scores will be kept using a 10-8-6-5-4-3-2-1 system. This meet has been made open to schools with no entry fee. Athletes names will be announced but no medals or awards will be provided.

**Starter:** Victor Parkhurst

**Concessions:** Our concessions stand will be open. Coaches will be given meal tickets.

**3:30 Coaches information and scratch meeting in press box.**

**4:00 Field Events Begin...**

- Boys shot followed by girls shot
- Girls discus followed by Boys discus
- Girls Long jump followed by Boys Long jump
- Boys Triple jump followed by Girls Triple Jump
- Girls Pole Vault/Boys Pole Vault
- Boys High jump followed by Girls High Jump

**4:30 Track Events Begin...** All races are finals. All heats against time. Girl's events are first in all races.

3200m Relay G/B (Entries will take place at coaches meeting for 4x800 and not on Athletic)

Girls 100m Low Hurdles

Boys 100m Intermediate Hurdles

100m Dash G/B

800m Relay G/B

1600m Run G/B

400m Relay G/B

400m Dash G/B

800m Run G/B

200m Dash G/B

1600m Relay G/B

Jim Oliver, Activities Director  
816.540.3111 (school)  
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# Pleasant Hill MS Invite (#303231)

## Online Entry Instructions

***Follow the 4 steps below to get started:***

### **1. [Sign up for a free coach account](http://www.athletic.net) (if you do not have one)**

- Go to: [www.athletic.net](http://www.athletic.net)
- Click on '**Log In**' in the upper right-hand corner, and then click 'Sign Up' on the bottom of that screen.
- Complete the sign up wizard
- After receiving the confirmation email, go on to #2

### **2. Add meets to your season calendar**

- Sign In to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add Meet**" in your calendar box
- Where it says "Meet ID:" enter **303231** 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 other meets, even if you don't know the Meet ID. Just select your state and click "**Next >**" instead of entering your meet ID.)
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

### **3. Enter team roster**

- Open the side menu by clicking on your name.
- Click on your team and then click "**Edit Athletes**" from the list of links for your team.
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

### **4. Register athletes for the Pleasant Hill MS Invite**

- Locate **Pleasant Hill MS Invite** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Click "**Save Changes**"
- Use the boxes on the bottom of the page to add additional athletes to your roster

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