

2010 SCC Coaches Indoor Track and Field Invitational Coaches Instructions

Coaches;

In order to have Saturday run in an efficient manner, we would like to outline the system to be used for scratching. Our goals are twofold:

1. We would like to minimize our number of heats to help make this an efficient meet.
2. We would like to minimize no-shows to help maximize competition for the athletes.

There are two methods meet management employs for scratching.

- a. "Scratching" or "Negative Declaration". This method is problematic for two reasons. If an entered team chooses not to compete, or a team chooses to leave a meet early, they do not have the ability to scratch because they are not present. Another problem involves coaches not taking the initiative to scratch their athletes.
- b. "Positive Declaration". This system requires the athlete or coach to check in twice, and if the first check is missed the athlete will be scratched. While this system is excellent in creating complete heats, it occasionally eliminates from the meet program who is planning to compete.

On Saturday we would like to use both systems.

Upon Arrival we would like you to "scratch" any athlete competing on the track up to and including the 1600 meters. Please report to the clerk prior to the start of the meet and fill out the form provided.

At Conclusion of the dash finals we would like you to "positively declare" athletes competing in the SMR or 300m, and your 4x400 and 4x200 m relays. Please be vigilant in seeing the clerk about this, as we will scratch those athletes who haven't declared.

Athletes in the 3200 m are being seeded into one large heat. They should clerk during the SMR, at which point we will break them into heats and announce where the heat breaks are being made so that athletes can warm-up appropriately.

Field athletes should be scratched at the event. This should be done if coaches want to avoid scratch penalties later in the meet.

PLEASE NOTE FOR THE 600 METERS: The first three heats will contain six athletes who run in lane for a two turn stagger. All subsequent heats will be run from a waterfall start with a one turn stagger for those athletes starting from the outside alley.

With your help we're hoping to put on a great meet Saturday. Please do your very best to follow through with these instructions.

Sincerely,

Bob Davis, Thom Jacobs