

January 10, 2008

Dear Coach,

We would like to invite you and your teams to attend the 12<sup>th</sup> Annual Cooper Dragon Invitational. This year's meet will have a two day format Feb 29 & March 1, 2008. We are looking forward to again hosting this great event at the Pate Track on the campus of The John Cooper School.

We will change the format this year by having prelims and finals. In individual running events 12 will advance to the finals and run a slow heat then a fast heat. In the field events each competitor will get 3 attempts and the top 12 will get 3 additional attempts. Relays, 800m, 1600m and 3200m will be finals based on time. We will again have a non-scoring and scoring 1600m on Friday evening. Please adhere to the cut off times.

We will score ten places, with double points for relays. Medals will be awarded for the top 3 places. Team awards will be given to the top two teams in each division. The top scoring individual in each division will also receive a medal.

Entries will be done online using athletic.net, further information on registering is online. Please register your team by February 15<sup>th</sup> make sure you register for both days. Entries will be due February 26. We will try to accommodate as many teams as possible. We will have a Varsity Girls and Varsity Boys division. The entry fee is \$100 per division, \$200 per school with a boys and girls team. Smaller schools may enter individuals at \$15 per athlete. Eight athletes or entering a relay equals a team.

We will use SPC rules on event limits. A competitor may compete in 6 events. No more than 4 may be running events, including relays. There will be 3 entries per school in each event and only 1 relay team per school. Athletes may compete in 3 events of 800m or more, including relays provided all 3 races are not on the same day.

There will be a concession stand available.

Have a great season and we look forward to seeing you Feb 29 & March 1.

Yours in Track & Field,

Scott Holland

# Meet Schedule

Friday, February 29

4:00 pm Scratch Meeting. Any corrections must be made at this time

4:30 pm Field Events Begin

High Jump: Girls followed by Boys – Girls 4'4" Boys 5'4"

Long Jump: Boys followed by Girls

Discus: Boys followed by Girls

5:00 pm Running Prelims Begin

100m/110m Hurdles

100 Dash

400m Dash

300m Hurdles

200m Dash

7:00 pm Non-Scoring 1600m (Coaches time own athletes)

7:30 pm Sprint Medley Relay (200, 200, 400, 800)

8:00 pm Scoring 1600m Girls (Under 6:15) Boys (Under 5:00)

Saturday, March 1

9:00 am Field Events Begin

Shot Put – Girls Followed by Boys

Triple Jump – Boys Followed by Girls

Pole Vault – Girls followed by Boys – Girls 6' Boys 8'

9:30 am 3200m

11:30 am or 30 min after field events are completed Running Finals will begin

Girls then Boys. Slow heat then fast heat.

4X100m Relay

800m Run

100m Hurdles

110m Hurdles

100m Dash

400m Dash

300m Hurdles

200m Dash

4X800 Relay

4X400 Relay

# How to Submit Meet Entries Online

**Athletic.net** is a resource for high school Track & Field and Cross Country coaches, offering free **statistic tracking**, easing **meet registrations**, and providing free tools to simplify common coaching tasks. Follow the 4 steps below to get started:

## 1. Locate your school and sign up for a free coach account

- ? In a web browser, go to the website: [www.athletic.net](http://www.athletic.net)
- ? Locate your state, and then your school
- ? Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- ? After you have received the confirmation email, you may proceed to the next section

## 2. Enter your season calendar

- ? Use your email address and password to sign into the website, and again locate your school's page
- ? Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- ? Where it says "Add meet to the Calendar" select the date **2/29/2008** and click **Continue >**
- ? For Region, select: **Texas**
- ? Click **Select** on line that says: **Pate Track at The John Cooper School, The Woodlands, Cooper Dragon Invitational**
- ? Review the information and click **Save**
- ? Repeat this process for the rest of your calendar
- ? Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

## 3. Enter past meet results to be used as seed times

Seed times for meet entries are automatically drawn from past meet results. While some meet hosts will accept "override seed marks", which you can enter on the meet registration page, it would be beneficial to enter the marks as results in your past meets. Doing this will ensure that your schools homepage will have current results on it.

- ? Click "**Enter Meet Results**" from the Coaches Toolbar, on your schools page
- ? Add an athlete to the roster (repeat for all athletes)
- ? Select the gender and the **older meet** from the drop-down menus near the top of the page (you do not want to enter results for the meet you are registering for)
- ? Select an event to enter results
- ? In the "Edit/Add Results" box, begin typing the last name of an athlete, type result and place
- ? Click "**Add**"
- ? Repeat for each result

## 4. Register athletes for the Cooper Dragon Invitational

- ? Again on your school's page, click "**Meet Registration**"
- ? Locate **Cooper Dragon Invitational** in the right column and click on it
- ? Use the boxes on the bottom of the page to add any additional athletes
- ? Click on either an Athlete or an Event
- ? Select the athletes you want to compete, the division they are competing in, and verify their seed mark
- ? Be sure to click the Update button to save your changes after updating the athlete or event
- ? To remove athletes from an event, select the '--' line
- ? Print your entries for use at the meet

Large teams often have each of their coaches sign into the website to assign the athletes that they are responsible for to events. By printing out and faxing your entries, you can use the meet registration feature of Athletic.net for all your meets!