

Dallas Parochial League Track & Field 2018 Coaches' Checklist

Entries are due by 9am Friday. No late entries will be accepted. Please make sure your entries are correct before sending (print a list of all athletes, entries, etc....). All entries must be submitted via Hy-tek software.

Athletes are allowed a maximum of:

5 total events...

max of 4 running events with 1 being a relay

max of 3 field events

Athletes may not be entered in both the 50 and 100 in a JV meet. **The 50 is a non-scoring event.**

All coaches are asked to secure one volunteer to assist with field events and a timer to for the running events for each meet.

Please bring plenty of trash bags to clean up your area during and after meets.

Athletes should bring snacks, water, etc.... These will not be provided for them.

Scratches only need to be reported to the press box if that athlete is being subbed in on a relay and that additional event will put them over their event limit. The changes should be recorded on the relay card and taken to the press box. Otherwise, no need to report scratches.

Athletes may not be added to individual running or field events.

JV athletes will be allowed to move up and participate in the Varsity meets but must have won that event in a JV meet. All varsity meet participation guidelines must also be met.

All results should be posted no later than Monday afternoon following the weekend's meet at www.dallasparochialleague.com.