



Dear Coaches,

Thank you for coming to our 2019 MRA Ice Breaker Triangle Meet on **Wednesday, March 6th**. We hope for this to be a great meet for all involved. This year we are using Woody Barnett, Pirate Timing for timing and scoring the meet. When registering your athletes on MileSplit MS, be sure to give an accurate seed time/distance. All races will be seeded by their performance on MileSplit by their coach's entry.

Make sure that you have a MileSplit account set up as soon as possible if you don't already have one. There will be NO entry fee for this meet.

WE NEED SOME COACHES TO HELP WITH FIELD EVENTS.

PARKING:  **A MAP WILL BE INCLUDED IN THIS EMAIL – JUST LIKE YEARS PRIOR, DROP YOUR EQUIPMENT/KIDS OFF AT THE SCHOOL, GET ONE OF YOUR COACHES/PARENTS TO FOLLOW YOU TO RIDGECREST BAPTIST CHURCH TO PARK YOUR BUS.**

Here are a few guidelines for the meet:

Athletes are the only ones that will be allowed to bring water coolers, etc. Please spread the word that parents WILL NOT be allowed to bring coolers into the complex. Our concession stand will have water, PowerAde, Nutri-grain bars, fruit, hamburgers, Chick-fil-A, Hungry Howie's Pizza, etc.

The 1:30 p.m. meeting is crucial for running changes. This meeting will be under the white tent in the infield. YOU CAN ENTER 2 IN ALL EVENTS. They both can score. Unattached competitors will be permitted in all races. Scratches for field events will be made AT the field event. Please note that we will run the varsity girls and junior high boys 3200m run during the field events.

I'm sure I'm leaving something out so if you think of anything feel free to contact us. We're looking forward to having all of you for our 2019 MRA Ice Breaker Triangle Meet.

BELOW is a list of procedures for the MRA Invitational.

John Weaver (601) 218-3943

MADISON-RIDEGELAND ACADEMY
MRA ICE BREAKER
Wednesday, March 6, 2019
Madison, MS

Hosted by Madison-Ridgeland Academy

- Facility & Admission:** 6 lane-track. Timing will be FAT. Admission, \$5 for adults \$4 students. MAIS coach's card will be accepted.
- Equipment:** Starting blocks will be provided
- Entries & Registration:** There will be an entry limit of two per event that will score. However, the top 5 individuals will score per contest. Additionally, each school may only enter one relay team.
REGISTRATION will be online at <http://ms.milesplit.com> Go to the meet calendar and find this meet. Contact John Weaver for password to enter the meet!
- Entry Fee:** No entry fee needed for this meet.
- Entry Deadline:** Friday, March 1
- Sanctioning:** This meet will be sanctioned by the MAIS.
- Verification of Entry:** A printout of your entries and an email from John Weaver will serve as your verification of entry to the meet.
- Clerking & Scratches:** There will be no additions at the meet for running events. Field Event scratches can be made at that field event.
- Awards:** 1ST, 2ND, and 3RD place ribbons will be awarded. First Place for each Team
- Rules:** We will use the National Federation rulebook for any disputes.
- Scoring:** Individual: 6-4-3-2-1 Relays: 6-4-3-2-1
- Field Events:** Each jumper/thrower will have 4 attempts. High jump and pole vault will follow the normal meet rules.
- Opening Heights:**
- | Event | JH Girls | JH Boys | Var. Girls | Var. Boys |
|------------|----------|---------|------------|-----------|
| High Jump | 4-4 | 4-8 | 4-6 | 5-6 |
| Pole Vault | 7-0 | 8-0 | 7-0 | 8-0 |
- Appeals:** Any appeal must be given to the referee in writing within 30 minutes of infractions. Appealable offenses are misapplications of NFHS rules. Judgment calls cannot be appealed.
- Contacts:** Meet Director: John Weaver jweaver@mraps.org (601.218.3943)