

# Granite State Track and Field



Dear Recreation Professional,

Granite State Track and Field is a program of NHRPA and sponsored by LOCO Sports and Winners Circle Running Club. It consists of two District meets and a State final meet. This year the two District meets will be held on Saturday, June 16th at Spaulding High School, Rochester, NH and Lebanon High School, Lebanon, NH. The State final meet will be held on Friday, June 22<sup>nd</sup> at Winnisquam High School, Tilton, NH. This packet includes specific information about the program, a volunteer sheet, and an explanation of the on-line registration procedures. You **must** register your team with Direct Athletics following the registration directions included in this packet.

The district meets will begin with a parade of athletes at 9:30 am. **Each community is not limited to how many entries in each event at the district meet.** Please see listed below for the number of events each athlete may participate in at the District and State meets. From the district meet, athletes may qualify for the State final meet. **The state final participants will be the top four finishers in each event for each age group and gender.**

*If you are a coach and you have an athlete place in the top four at the district meet, that individual will automatically earn a slot at the state final. If for any reason that athlete cannot make it, **it is your responsibility to let the meet director know as soon as humanly possible.***

All district meet results will be merged and all slots will be filled and athletes will be contacted. If you are a coach and you have a fifth or sixth place finisher at the district meet, you should know if they will be available for the state final and you should be sure that all of the registration information is correct including the athlete's telephone number and email. You must be available via e-mail in the event that we want to add one of your athletes. This will allow the maximum number of athletes to participate in the state finals. The finals will be held at Winnisquam High School in Tilton, NH on Friday, June 22<sup>nd</sup> at 4:30 pm. District meets usually finish by 3:00 pm, and the State Finals are a class act which only last a few spectacular hours.

## **Athlete Participation:**

- Athletes may participate in one (1) field event and two (2) running events and the relay; or two (2) field events and one (1) running event and the relay for a total of four events
- 13 & 14 year old Running Long Jump instead of standing long jump

***The mission of the Granite State Track and Field Program is to provide a quality recreation program where children have fun and are introduced to physical fitness through basic track and field events such as running, jumping, and throwing.***

Sincerely

Donna Kuethe and Paul Coasts – co-chairs of GSTF

## 2018 Granite State Track and Field

### **Awards**

At the District Meet we will not be giving the awards to the Athletes. We will have an envelope with your team name and we will put all awards in there.

**Your part:** As the coach you will have to go to the awards table and collect your team's ribbons to pass out to your Athletes.

### **Make sure your Kids Count!**

It is important to track the children enrolled in the program and not just the children attending the District and State Meets.

**Your part:** Submit your participation numbers (numbers of children participating in your Program) on the form in this packet.

### **District Meet Locations**

Spaulding High School, 130 Wakefield Street, Rochester, NH 03867

Lebanon High School, 195 Hanover Street, Lebanon, NH 03766

The location of your team's participation will be determined by our final participation numbers.

NH Granite State Track and Field Administrators need to be certain that our two District Meets are balanced.

**Your part:** For a general rule of thumb your team will participate in the same meet participated in last year. If this is your first year having a team, contact Paul Coats, NH State Co-Chair

### **State Meet Location for 2018**

For those athletes who qualify for the State Final – the state meet will be held at a new location this year. The state meet will take place at Winnisquam High School, 435 West Main Street, Tilton, NH 03276 on June 22<sup>nd</sup> with the parade of athletes getting underway at 4:30 PM

### **Fundraising**

At the District and State meet the GSTF committee will be requesting a \$1.00 donation from each spectator.

We will also have a 50/50 at the State Meet and District Meets. The money we raise goes to help fund the District and State Meets.

**Your part:** Please help us out by communicating this to your participating families so that they can come prepared and are not surprised. Remember this is a donation, and no one will be denied access to the meets.

### **T-Shirts**

Athletes who qualify for States will receive State Finalist Shirts at the State Meet.

**Your part:** Make sure that the athletes who qualify for the state meet receive a shirt at the state meet. If they cannot attend the state meet please check with the meet directors to obtain a shirt for them.

## Registration Information

**PLEASE DO NOT REGISTER UNTIL MAY 15th**

### **EXISTING USERS:**

If you submitted a team last year then you are an existing user. Go to [www.directathletics.com](http://www.directathletics.com) and please type in your user name and password. This needs to be the same info you used in previous years (there is login help if you forgot). Now skip to **Enter Your Team Roster Information.**

### **NEW USERS:** Set Up an Account

1. Go to [www.directathletics.com](http://www.directathletics.com)
2. In the "Getting Started" box, click "Coaches / Athletes" Click "Create a TEAM account".
3. Fill out the form including: **Email, Sport:** choose "Track and Field", **Team Type** choose "Club", **State** choose "New Hampshire", **Country** "United States", then click **CONTINUE.**
4. Enter your "Coach Information" making sure to record your user name and password information for later use.
5. Enter your "Team Information" following the instructions provided on the site. In **Team Gender** make sure to choose "Men and Women".
6. In the "Meets" drop down menu: Do not do anything with these boxes Click CONTINUE.
7. You will then be taken to your team's HOME page within Direct Athletics. Every time you log in you will come to this page.

**Contact us to be invited to the meet:** Email Chris Benson @ [speedsporttiminggroup@gmail.com](mailto:speedsporttiminggroup@gmail.com)

### **ENTER YOUR TEAM ROSTER INFORMATION:**

1. The drop down menu lets you choose between "men" and "women". They will have separate rosters.
2. Click the green "Add" athlete's button. Choose how many athletes of that gender you would like to add. Click SUBMIT.
3. "USATF#" and "AAU#" are to be left blank.
4. Enter athlete's **First Name, Middle Initial** (if known), **Last Name**, and **Date of Birth (mm/dd/yy)**. Click SUBMIT. Make sure you only have males in the "Men's" roster, and females in the "Women's" roster.

### **ENTER YOUR ATHLETES INTO EVENTS:**

**DEADLINE FOR MEET ENTRIES IS Wednesday, June 13, 5:00PM**

1. Click **SCHEDULE** on the top toolbar.
2. Click the green "Register" button next to your Granite State Regional Meet.
3. Choose an Athlete or Choose a Relay and enter your athletes' events. Click "Update" after each athlete's entries, otherwise you will lose your entries.
4. **MAKE SURE YOU FOLLOW THE GRANITE STATE GUIDELINES WHEN ENTERING YOUR ATHLETES' EVENTS.**  
Softball throw is listed as "Hammer Throw".
5. You are permitted to go back and "Edit" an athlete's events at any time, up to the closing date of **Wed., June 13 at 5:00PM**
6. Please enter an athlete's preliminary entry marks to ensure they run against athletes of similar speed.

### **TO PRINT YOUR TEAM ROSTER:**

Login to [www.directathletics.com](http://www.directathletics.com) with your User Name and Password

1. Click **TEAM** on the top tool bar.
2. Your roster will appear along with your athlete's birthdates.
3. Click "File" on your Internet toolbar (usually top left of your screen)
4. Click "Print" to print this page

## District Meet/Participant Numbers

PLEASE FILL OUT AND TURN IN by JUNE 6, 2018

Town: \_\_\_\_\_

District Meet: Will be assigned

Recreation Dept. Contact: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Coach Contact: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Each town participating must provide 1 volunteer per 10 athletes – 1-10 = 1 volunteer; 11-20=2 volunteers etc.

Volunteers (to assist on the field)		Chaperones (in stands with team)
Name	Contact #	Name
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
Number of participants at District Meet: Boys: _____ Girls: _____		Total number of participants enrolled in your program: Boys: _____ Girls: _____
Does your town hold a local meet?		Yes: _____ No: _____
If yes, how many do you hold?		_____
<u>Approximate</u> number of participants?		_____

**RETURN THIS FORM ASAP or before June 6, 2018**

Return to:

**Donna Kuethe**

**Moultonborough Recreation Dept.**

**PO Box 411**

**Moultonborough, NH 03254**

### Questions:

Paul Coats  
 Lebanon Recreation & Parks  
[paul.coats@lebcity.com](mailto:paul.coats@lebcity.com)  
 603-448-5121

Donna Kuethe  
 Moultonborough Recreation Department  
[dkuethe@moultonboroughnh.gov](mailto:dkuethe@moultonboroughnh.gov)  
 603-476-8868



## **How Participants Register:**

1. Visit the Granite State Track and Field website at [www.granitestatetrackandfield.weebly.com](http://www.granitestatetrackandfield.weebly.com)
2. On the Home Page, scroll down to where you see “If you are participating in Granite State Track and Field, please sign the waiver online – Click Here”
3. Click on the link that says “Click Here” – This will bring you to the RaceWire page for Granite State Track and Field. This will show the Event Details and Contact Details for the program.
4. Under “Sub Event” click on the circle to the left of Granite State Track and Field, to choose that program.
5. Thoroughly read the waiver located below the Sub Event.
6. After reading the waiver, type your name into the box to the left of “Enter signature into the text box to acknowledge you have read and accept the waiver.”
7. Check the box next to acknowledge that you have read, understand and agree to the following waivers and policies.
8. Click Continue at the bottom of the page. This will bring you to the Participant Info page.
9. Enter your child’s information under “Registrant Information” including Child’s First Name, Child’s Last Name, Parent’s E-Mail Address, Child’s Gender, Child’s Birthdate, Mailing Address with Town/City, State and Zip Code.
10. After filling in all required fields, click Continue at the bottom of the page.
11. This will bring you to the “Review” page where you can review all information for your child to make sure it is correct. If you need to make any changes, click the icon on the blue bar at the top of the page that has a pencil on it. If your information is correct, scroll to the bottom of the page and click “Confirm Registrants.”
12. At this point, you will receive a confirmation e-mail of your registration.

# Granite State Track and Field



<b>Born in 2008-2009 (Boys 9-10)</b> <ol style="list-style-type: none"><li>1. 50 Meter Dash</li><li>2. 100 Meter Dash</li><li>3. 200 Meter Dash</li><li>4. 400 Meter Dash</li><li>5. 4 x 100 Meter Relay *</li><li>6. Standing Long Jump</li><li>7. Softball Throw</li></ol>	<b>Born in 2008-2009 (Girls 9-10)</b> <ol style="list-style-type: none"><li>1. 50 Meter Dash</li><li>2. 100 Meter Dash</li><li>3. 200 Meter Dash</li><li>4. 400 Meter Dash</li><li>5. 4 x 100 Meter Relay *</li><li>6. Standing Long Jump</li><li>7. Softball Throw</li></ol>
<b>Born in 2006-2007 (Boys 11-12)</b> <ol style="list-style-type: none"><li>1. 100 Meter Dash</li><li>2. 200 Meter Dash</li><li>3. 400 Meter Dash</li><li>4. 800 Meter Run</li><li>5. 4 x 100 Meter Relay *</li><li>6. Standing Long Jump</li><li>7. Softball Throw</li></ol>	<b>Born in 2006-2007 (Girls 11-12)</b> <ol style="list-style-type: none"><li>1. 100 Meter Dash</li><li>2. 200 Meter Dash</li><li>3. 400 Meter Dash</li><li>4. 800 Meter Run</li><li>5. 4 x 100 Meter Relay *</li><li>6. Standing Long Jump</li><li>7. Softball Throw</li></ol>
<b>Born in 2004-2005 (Boys 13-14)</b> <ol style="list-style-type: none"><li>1. 100 Meter Dash</li><li>2. 200 Meter Dash</li><li>3. 400 Meter Dash</li><li>4. 800 Meter Run</li><li>5. 1600 Meter Run</li><li>6. 4 x 100 Meter Relay</li><li>7. Running Long Jump</li><li>8. Softball Throw</li></ol>	<b>Born in 2004-2005 (Girls 13-14)</b> <ol style="list-style-type: none"><li>1. 100 Meter Dash</li><li>2. 200 Meter Dash</li><li>3. 400 Meter Dash</li><li>4. 800 Meter Run</li><li>5. 1600 Meter Run</li><li>6. 4 x 100 Meter Relay</li><li>7. Running Long Jump</li><li>8. Softball Throw</li></ol>

**Participant will compete in age group according to their age on December 31, 2018**