

# 2016 Burkburnett Bulldog Relays

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**When:** Friday February 26, 2016

**Time:** Events start @ 3:30 p.m. – Packet pick up 1:30 p.m. – 2:30 p.m.

**Where:** Bulldog Track Complex

**Cost:** \$75.00 for 1<sup>ST</sup> Team per division / \$50.00 Each Additional Team per division

**\*\* Make checks payable to Burkburnett High School**

**\*\* Send check to: Burkburnett High School  
c/o Loy Triana  
109 Kramer Rd.  
Burkburnett, Texas, 76354**

**Entries:** Entries will only be accepted online via the Athletic.net web-site at [www.athletic.net](http://www.athletic.net). See attached info sheet for instructions.

**\*\*\*Entry Deadline is Thursday February 25<sup>th</sup> @ 12:00 pm\*\*\***

**Awards:** \*\* Trophy to top team in each division  
\*\* Medals for top 3 finishers

**Race Times:** First race will begin promptly at 3:30 p.m. and will follow a rolling schedule.

**Timing:** Flash Timing FAT Timing System

**Email:** [loy.triana@burkburnettisd.org](mailto:loy.triana@burkburnettisd.org)  
[tracy.stringfellow@burkburnettisd.org](mailto:tracy.stringfellow@burkburnettisd.org)

**INFORMATION:** If you have any further questions or concerns,  
feel free to contact me @ the following numbers:  
Loy Triana: (940) 569-1411 x 1185 (w) or (940) 642-9585(c)  
Tracy Stringfellow: (940)569-1411 x 1158 (w) or (940) 704-1910 (c)

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## **Meet Schedule: All Finals**

### **FIELD EVENTS**

|           |                |                  |
|-----------|----------------|------------------|
| 3:30 p.m. | DISCUS – GIRLS | SHOT PUT – BOYS  |
|           | DISCUS – BOYS  | SHOT PUT – GIRLS |

### **RUNNING EVENTS**

3:30 p.m. 4 X 100 M. SHUTTLE HURDLE RELAY (GIRLS – 5 FLIGHTS @ 30’’)   
4 X 110M. SHUTTLE HURDLE RELAY (BOYS – 5 FLIGHTS @ 36’’)

4 X 800 M RELAY (GIRLS, BOYS)   
-1 TURN STAGGER

4 X 100 M RELAY (GIRLS, BOYS)

SPRINT MEDLEY RELAY (GIRLS, BOYS)   
-(200,200, 400, 800)   
- USE 3 TURN STAGGER

4 X 200 M RELAY (GIRLS, BOYS)

DISTANCE MEDLEY RELAY (GIRLS,BOYS)   
-(1200,400,800,1600)   
-WATERFALL START

4 X 400 M. RELAY (GIRLS, BOYS)

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## Bulldog Relays (#259018)

### Online Entry Instructions

*This meet is using free online registration at Athletic.net!*

|                    |                                      |                 |  |
|--------------------|--------------------------------------|-----------------|--|
| <b>Date</b>        | 2/27/2015                            | <b>Host</b>     | Burkburnett  |
| <b>Location</b>    | Boomtown Track Complex               | <b>Director</b> | Loy Triana   |
|                    | 109 Kramer Rd, Burkburnett, TX 76354 | <b>Email</b>    | <a href="mailto:loy.triana@burkburnettisd.org">loy.triana@burkburnettisd.org</a> |
| <b>Field Start</b> | 3:30 PM                              | <b>Phone</b>    | 940-569-1411 x 1185  |
| <b>Track Start</b> | 3:30 PM                              |                 |  |

**Athlete Registration will be locked on 2/25/2015 at 12:00 PM (CENTRAL)**

**Athletic.net** is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks.

#### 1. Sign up for a free coach account

*(if you do not have one)*

- Go to: [www.athletic.net](http://www.athletic.net)
- Click on '**Sign up**' in the upper right-hand corner
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

#### 2. Add meets to your season calendar

- Login to Athletic.net using your email address and password
- Click "**Coach Tools**" under the main navigation bar
- Click "**Team Home**"
- Click "**Add Meet**" above your calendar box
- Where it says "Meet ID:" enter **259018** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar  
*(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "**Next >**" instead of entering your meet ID.)*
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

#### 3. Enter team roster

- Click "**Coach Tools**"
- Click "**Edit Athletes**"
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

#### 4. Register athletes for the Bulldog Relays

- Locate **Bulldog Relays** on your team's main track and field page and click on the meet name
- In the blue dropdown, click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Click "**Save Changes**"
- Use the boxes on the bottom of the page to add additional athletes to your roster