

Special Instructions for Using EZMeets Entry Form for 2005 Sacramento Meet of Champions (SMOC)

- For meet and entry information, please go to http://www.bvtrack.com/sacramento_meet_of_champions.htm and click on the “Entry Information” and “Meet Schedule” links.
- You may enter and update your entries until the **entry deadline of Sunday, April 17th at 9:00 PM PST.**
- Make all entries and changes at EZMeets.com. Do not e-mail, FAX, or phone them in.
- **Enter ALL athletes**, including those **only in relays**. Athletes who are not entered may not compete, even in relays.
- **Please remember that you are entering athletes to be considered for invitations. On Wednesday, April 20th invitations for both the open and invitational sessions will be available at the SMOC website at http://www.bvtrack.com/sacramento_meet_of_champions.htm for downloading sorted by school and athlete.**
- If you have entry or password problems, contact the selection coordinator, Steve Fagundes, via e-mail at smoctrack@lanset.com

Seed Mark Box Instructions

- Seed mark boxes are only for entering your athletes/relay teams times and/or marks.
- Athletes with unrealistic seed marks may be scratched from an event or entered with no seed mark.
- Only indoor or outdoor marks accomplished on or after January 1, 2005, will be considered.
- Only seed marks in the 100 meters (M), 200 M, 400 M, 100 M Hurdles (varsity girls), 110 M High Hurdles (varsity boys), and 300 M Int. Hurdles accomplished with a fully automatic timing system (FAT) will be considered for the “invitational session”.
- For hand timed marks, put an “h” after the mark after raising the mark to the next tenth of a second. For example 10.81 hand timed becomes 10.9h.

Comment Box Instructions

- The comment boxes are for indicating your preference for competing in the “invitational session” or “open session” of the SMOC, the meet where the performance was accomplished and its date, and for track events the type of timing system used.
- For varsity girls and varsity boys entries only: (1) type “Invite” in the comment box if you want your athlete(s)/relay team(s) to compete in only the “invitational session”; type “Open” in the comment box if you want your athlete(s) to compete in only the “open session”; or type “Invite-Open” if you have no session preference.
- Since there is no “invitational session” for the frosh/soph boys no comments concerning session preference are necessary.
- Following your “session preference”, please indicate where the performance was accomplished (e.g., dual meet, Stanford Invitational, Arcadia Invitational) and the date of the meet.
- For all track races be sure indicate if the mark is hand timed (hand) or fully automatic (FAT) (e.g, Accutrack, Finish Lynx).

An example of correctly filled out “Seed Mark Box” and “Comment Box” are provided below for an “athlete with no session preference and an automatically timed 100 meters of 10.85 accomplished at the CAL Invitational on March 12th”:

Seed Mark
10.85

Comment Box
Invite-Open CAL Invite 03/12 FAT

For seed marks that are “hand timed” raise the mark to the next tenth and put an “h” after the mark in the “Seed Mark Box”. Also indicate that in the “Comment Box” that the mark is “hand timed” by entering “HAND”. An example of correctly filled out “Seed Mark Box” and “Comment Box” are provided below for an “athlete with no session preference and a hand timed 100 meters of 10.85 accomplished at a dual meet on March 16th”:

Seed Mark
10.9h

Comment Box
Invite-Open Dual meet 03/16 HAND

- For hurdle races please note that the “100H” is for the Girls 100M Hurdles and “110H” is for the Frosh/Soph and Varsity Boys classifications.