



Social Media

Twitter: @pacesettersoh

Instagram: pacesetterstrack

Facebook: Pacesetters Track OH



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614-908-0270



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Pastaskala, Oh

43062

Coaches.

We are looking forward to your team's participation in the Set the Pace Showcase to be held on Sunday, May 15, 2022, we're excited to be hosting this event! I've tried to include some helpful information below to answer any question I anticipate coming up. Included in this correspondence which will cover ticket sales, COVID protocols, team camps, and meet adjustments that must be implemented this year.

All Entries are to be done on-line at www.athletic.net, Please follow their instructions for entering your team. \$20 per athlete, \$25 per relay.

All meet entries are due by 11:59 PM on Wednesday May 11th. Late entries will be accepted on Thursday, May 12th, by 11:00 pm. The fees for late entry (\$25 entry per event and \$30 relay entry) through Thursday, May 12th, by 11:00 pm.

As usual, please encourage your athletes to do all warm-ups on the 6-lane auxiliary track. The shot, disk, and long jump will be set up in flights with 4 jumps and no finals. This is an adjustment to years past.

Please pick up your coach's packet at the packet pick up table next to Concessions when you arrive. Make sure you have completed the waivers for all athletes. This will be turned in before Coach packets are handed out. Officials, please stop by the entry table to sign your waivers as well. If you have any questions, please email me at info@pacesetterstrackclub.com or text at 317- 714-0251.

Jamie Hence
Club President & Coach, Pacesetters Track Club



Hosted by Pacesetters Track Club



SANCTIONED EVENT

Sanctioned by USA Track & Field

Pickerington High School North
Sunday May 15, 2022, Event Start time 8:30 am

You are cordially invited to the 2nd Annual **2022 Set The Pace SHOWCASE**, summer track and field meet for Youth, Open & Masters athletes.

Fully Automated Timing: provided by **Finish Timing**. Results at finishtiming.com

Eligibility: All male & female, Youth, Open & Masters athletes. (USATF and AAU cards not required).

Age Divisions: 5-6 Born 2016-2017; 7-8 Born 2014-2015; 9-10: Born 2012-2013; 11-12: Born 2010-2011; 13-14: Born 2008-2009; 15-18; 2004-2007, Open: 2003-1990 and Masters: Ages 30 and over on meet day (in five-year age groups, e.g., 30-34, 35-39).

On-Line Entries: TO REGISTER (4/11/22) click this link [Set the Pace Showcase https://www.athletic.net/TrackAndField/meet/462779/register](https://www.athletic.net/TrackAndField/meet/462779/register). **On-Line Entry Fees:** \$20 per athlete, \$25 per relay - **ON-LINE ENTRIES MUST BE COMPLETED BY 11:00 P.M. May 11**. Late entry fee after May 11, \$25 per athlete, \$30.00 per relay. **No entries after May 12, 10 am.** NO MAIL, HAND-DELIVERED, E-MAIL, FAX, or DAY OF MEET ENTRIES – **ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.**

Questions: info@pacesettertrackclub.com or (317)714-0251, **Coach Jamie Hence, Meet Director**

Events: listed below. **Athletes will compete in their correct age groups.** Three-event limit for ages 5-6, 7-8, 9-10 and 11-12 (Relay leg will not count as a 4th event). Four-event limit for all others. Warm will be on the 6-lane auxiliary track. The long jump will be set up in flights with 4 jumps and no finals.

Competition Schedule: Track events will be contested by age group, beginning with youngest to oldest youth divisions with girls/women competing first in each age group. Open/Masters will compete with 15-18 division. Ages may be combined for field events, walks and events over 400 meters. Rolling schedule after first race.

Order of Events

Track Events - Beginning at 10:00 am		Field Events – Beginning at 9:00 am	
1. 4x800 Relay , All Divisions Finals	11. 4x100 Relay - All Divisions Finals	Long Jump 9:00 am	High Jump 9:00 am
2. 110 Hurdles , Open & 15-18 Boys Timed Finals	12. 1500 Run - All Divisions Timed Finals	13-14 Boys-Main Pit /Girls Aux. Track Pit	Girls then Boys 11-12 /9-10/ 15-18 / 13-14
3. 100 Hurdles , 15-18, Girls Timed Finals	13. 400 Dash - All Divisions. Timed Finals	15-18 Boys-Main Pit /Girls Aux. Track Pit	
4. 100 Hurdles , 13-14 Boys Timed Finals	14. 800 Run - Youth Div. Timed Finals	11-12 Boys-Main Pit /Girls Aux. Track Pit	Shot Put 9:00 am
5. 100 Hurdles , 13-14 Girls Timed Finals	15. 200 Hurdles – 13-14 Boys, Girls	9-10 Boys-Main Pit /Girls Aux. Track Pit	All Girls & Women – Oldest to Youngest
6. 80 Hurdles , 11-12 Boys Timed Finals	16. 200 Dash - Youth Div. Timed Finals	8 & U Boys-Main Pit /Girls Aux. Track Pit	All Boys & Men – Oldest to Youngest
7. 80 Hurdles , 11-12 Girls Timed Finals	17. 4x400 Relay - All Divisions Finals	Triple Jump will follow LJ- Main Track All	Discus 9:00 am
8. 100 Dash - All Divisions Semi-Finals	8 & Under Boys & Girls	Javelin (after Shot/Discus)	All Boys & Men – Oldest to Youngest
9. 1500 Walk – Final (if no walkers 10-15 min delay)	Masters & Open will run with the 15-18 Div.	All Girls & Women – Oldest to Youngest	All Girls & Women – Oldest to Youngest
10. 100 Dash - All Divisions Finals (10-15 min delay)		All Boys & Men – Oldest to Youngest	

Set the Pace Showcase-Pacesetters Track Club

Date	5/15/2022	Host	Pacesetters Track Club
Location	Pickerington High School North 7800 Refugee Rd, OH 43147	Director	Jamie Hence
Field Start	9:00 AM	Email	jlhence@gmail.com
Track Start	10:00 AM	Phone	317-714-0251
		Website	https://www.pacesettertrackclub.com

Athlete Registration will be locked on 5/11/2022 at 11:00 PM (local time)

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 common coaching tasks.

Follow the 4 steps below to get started:

1. [Sign up for a free coach account](#) (if you do not have one)

- Go to: www.athletic.net
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box to navigate to the [Events page](#)
- In the search bar, enter **Set the Pace Showcase-Pacesetters Track Club**
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for the Set the Pace Showcase-Pacesetters Track Club

- Locate **Set the Pace Showcase-Pacesetters Track Club** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.



Pickerington North Athletic Department

Colin Beemiller, Athletic
Director

Jackie Earhart, Administrative Asst
Twitter:@PNAthletics

www.pickeringtonpanthers.org Phone: (614) 830-2730 Fax: (614) 833-3661

7800 Refugee Road, Pickerington, Ohio 43147

Track and Field Protocols for Pickerington High School North in 2022

We welcome you to Pickerington North for the 2022 Track and Field Season! Please review this information along with other attachments.

General Information:

- Each school is responsible on competition days to:
 - Monitor the health of each athlete, coach, and all team personnel
- Please arrive no earlier than 1 hour prior to the event start. Our gates will not be open prior to that time!

Information for Officials:

- Thank you for your service to our student-athletes and coaches!
- Please arrive no more than 1 hour prior to the start of the meet
- Please arrive dressed for the contest.
- By working this event, you agree to:
 1. You are symptom free and have checked your temperature on the day of the event (our athletic trainers the ability to take your temperature with a no touch device, please see one of them if necessary)

Team Information

- Teams may not arrive more than 1 hour prior to contest (same for officials)
- Team drop off is at the main gate for our stadium and then bus parking is either at Lakeview Junior High or the front of the building near the 'Athletic Entrance'
- Teams will have a designated area in the VISITING bleachers to sit when not warming up/competing. Athletes may NOT roam around the facility when not competing or warming up
- Teams are responsible for trash and cleanup of their area throughout the day and end of the event

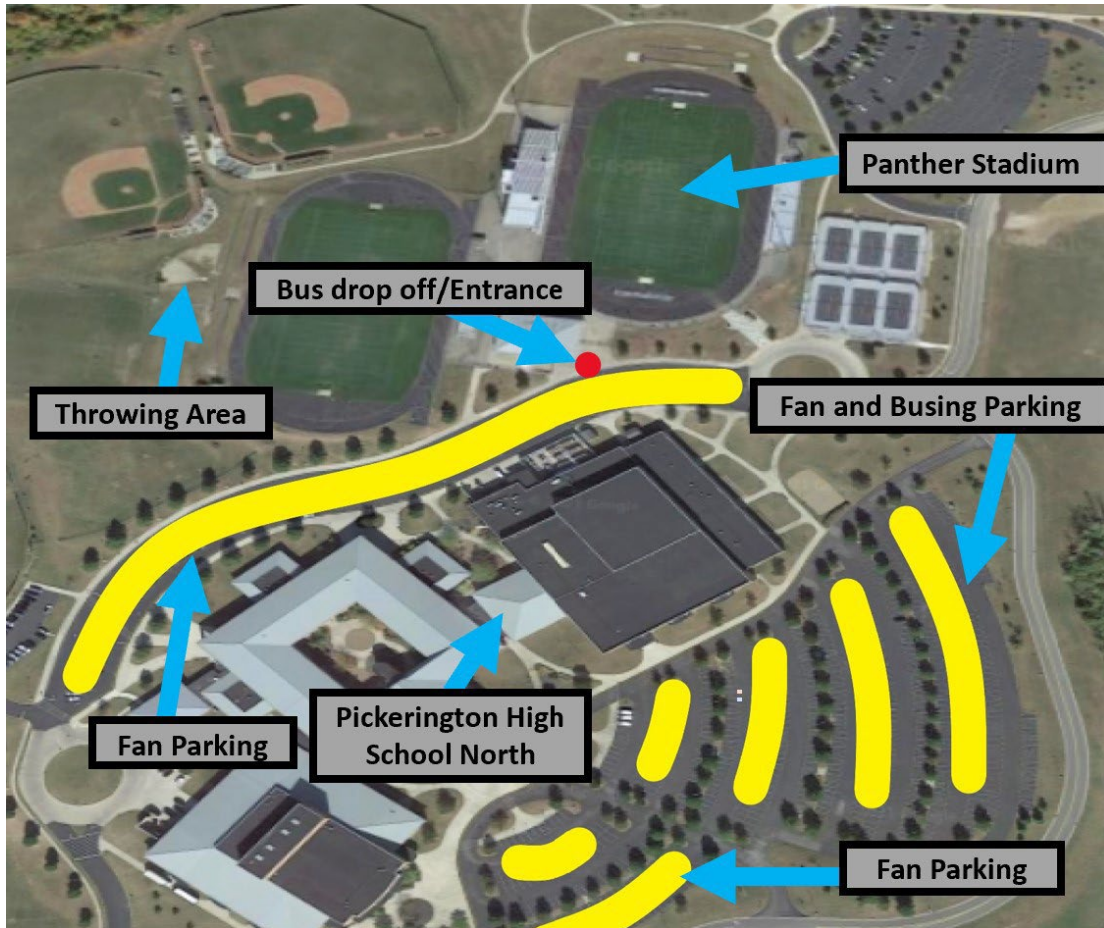
Spectators

- Spectators admitted no earlier than 1 hour prior to contest (no re-entry without stamp)
- Spectators will be seated on the HOME side of the bleachers
- We ask that following the conclusion of the meet, parents leave the venue. No congregating in the stadium, parking lots, etc. If they are transporting their child following the meet, they should wait for their child in their vehicle

Set The Pace Showcase Meet Information (specific for May 15th Meet at PN)

- All of the previously listed protocols will be in place
- Home bleachers will be for spectators only.
- Visitor bleachers will be used for athletes and coaches only.
- The smaller bleachers near the throws and jumps area will be for spectators only. Please keep your athletes out of those bleachers.
- **Team Camps:** We're asking for as many team camps as possible to be set up outside the North end of the stadium on the hillside overlooking the track. There will be a manned gate on that end to allow athletes and coaches in and out of the track. Team camps can also be setup around the edge of the auxiliary track and under the Visitor bleachers. Please do not setup team camps beneath the home bleachers.
- Check-in for all races will be near the start of the 100 – at the North end of the track. This will be done to help alleviate traffic near the finish line.
- Concessions will be open.
- General Admission
Tickets can be purchased through Athletic.net for (\$5.00) or through Eventbrite (<https://www.eventbrite.com/e/314822551727>) Free admission for spectators 6 & under. (Tickets can be purchased at the door, for \$6, credit card or cash.
- **Athlete/Coach 'tickets':** With your entries due by May 11th, we will generate a number of participants and add coaches to this for wristbands. A wristband will grant admittance for athletes and coaches and must be WORN by the athlete or coach. There will be a packet to be picked up by each team the morning of the meet to distribute wristbands.

PICKERINGTON HIGH SCHOOL NORTH FACILITY MAP





PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Bib #

Event Name: Set The Pace Showcase

Event Date(s): May 15, 2022

Event Location: Pickerington HS, North

Sanction #: 1 3 8 0 7 2

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
- I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease (including communicable disease), permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined in Section 4 below); and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).
- I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.
- As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

Participant Name (or Guardian): _____	Age: _____	Date of Birth: _____ / _____ / _____	Male	Female
Minor Name #1: _____	Age: _____	Date of Birth: _____ / _____ / _____	Male	Female
Minor Name #2: _____	Age: _____	Date of Birth: _____ / _____ / _____	Male	Female
Minor Name #3: _____	Age: _____	Date of Birth: _____ / _____ / _____	Male	Female

Home Address: _____ Home Tel.: (____) _____

Team Name _____ Email Address _____

X _____ / _____ / _____

Signature of Participant or Guardian Date Signed