

Granite State Track and Field



Dear Recreation Professional,

Granite State Track & Field is a program of NHRPA and sponsored by many businesses around the state. In 2024, there will be one spectacular State Meet held on Saturday, June 15th at Winnisquam High School, Tilton, NH. The fee per athlete this year is \$8.00. This will help us offset some of the costs needed to run the program. Your town will be invoiced after the conclusion of the State Meet.

This informational packet includes specific information about the program, 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. **Registration deadline is 6/10– changes can be made until 6/13**

The State Meet will begin with a parade of athletes at 9:30 am. There is no limit to how many entries per event each community may have at the State Meet.

Athlete Participation:

- Athletes may compete 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
- 11 & 12, 13 & 14 year old's will do the Running Long Jump instead of Standing Long Jump
- Athletes must compete in their age group. Relays that have athletes competing up will be exhibition.

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 Coats – co-chairs of GSTF

2024 Granite State Track and Field

Awards

We plan to have volunteers creating ribbons during the State Meet that will be available at the conclusion of the meet.

Your part: As the coach you will have to go to the awards table at the State Meet and collect your team's ribbons to pass out to your athletes. If your team does not have any representatives at the State Meet we will coordinate with your local recreation department to ensure your teams awards are received.

Make sure your Kids Count!

Register your team and submit event entries in Direct Athletics: See instructions on the following page.

Athlete waivers: Each participant's parent/guardian needs to sign the [participant registration form](#).

State Meet Location

The State Meet is scheduled to be held at Winnisquam High School in Tilton, NH on June 15th with the parade of athletes getting underway at 9:30 am.

Fundraising

\$8.00 fee per athlete to participate in this program. You will be invoiced after the meet.

We also rely on the generosity of sponsors. If you know of an individual or organization that would like to sponsor then please email Paul.Coats@LebanonNH.gov.

T-Shirts

The top 8 athletes in each event will receive a t-shirt. Athletes that place in the top 8 in multiple events will be limited to one shirt. State Champions win a special champion shirt, also one per athlete.

Event Entries in Direct Athletics

The Meet will be open in Direct Athletics starting May 13th

EXISTING USERS:

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

NEW USERS: Set Up An Account by May 13th

1. Go to www.directathletics.com
2. Click the "I'M A COACH" clipboard, then "CREATE COACH 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 **Submit**.
4. Enter your "Team Account Information" making sure to record your user name and password information for later use.
5. 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 **SUBMIT**.
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 Chris@sstresults.com with your Direct Athletics Team Name.

EXISTING and NEW USERS: ENTER YOUR TEAM ROSTER INFORMATION:

1. The drop down menu lets you choose between "men" and "women". They will have separate rosters.
2. Click **ROSTER** on the top toolbar, then 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, 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 June 10th by midnight.

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 **Wednesday, June 13 at 8:00PM.**
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 with your User Name and Password

1. Click **ROSTER** on the top tool bar.
2. Your roster will appear along with your athlete's birthdates.
3. Click the 3 dots on the top right on your Internet toolbar, or wherever your browser's print option is located. Or CTRL P.
4. Click "Print" to print this page

Granite State Track and Field



<p>Born in 2014-2015 (Boys 9-10)</p> <ol style="list-style-type: none"> 1. 50 Meter Dash * 2. 100 Meter Dash * 3. 200 Meter Dash 4. 400 Meter Dash 5. 4 x 100 Meter Relay 6. Standing Long Jump 7. Softball Throw 	<p>Born in 2014-2015 (Girls 9-10)</p> <ol style="list-style-type: none"> 1. 50 Meter Dash * 2. 100 Meter Dash * 3. 200 Meter Dash 4. 400 Meter Dash 5. 4 x 100 Meter Relay 6. Standing Long Jump 7. Softball Throw
<p>Born in 2012-2013 (Boys 11-12)</p> <ol style="list-style-type: none"> 1. 100 Meter Dash * 2. 200 Meter Dash 3. 400 Meter Dash 4. 800 Meter Run 5. 4 x 100 Meter Relay 6. Running Long Jump 7. Softball Throw 	<p>Born in 2012-2013 (Girls 11-12)</p> <ol style="list-style-type: none"> 1. 100 Meter Dash * 2. 200 Meter Dash 3. 400 Meter Dash 4. 800 Meter Run 5. 4 x 100 Meter Relay 6. Running Long Jump 7. Softball Throw
<p>Born in 2010-2011 (Boys 13-14)</p> <ol style="list-style-type: none"> 1. 100 Meter Dash * 2. 200 Meter Dash 3. 400 Meter Dash 4. 800 Meter Run 5. 1600 Meter Run 6. 4 x 100 Meter Relay 7. Running Long Jump 8. Softball Throw 	<p>Born in 2010-2011 (Girls 13-14)</p> <ol style="list-style-type: none"> 1. 100 Meter Dash * 2. 200 Meter Dash 3. 400 Meter Dash 4. 800 Meter Run 5. 1600 Meter Run 6. 4 x 100 Meter Relay 7. Running Long Jump 8. Softball Throw

Participant will compete in age group according to their age on December 31, 2024

*** 50m and 100m dash events will have both preliminary and finals heats**