Instructions

- To fill out the forms entirely, please first start with Roster form (Girls Roster, Boys Roster). This will give you the easiest way to select the names from the drop down options in Entry Forms later on.

Roster Forms

- Under "Staff's role?" section, please select staff's role during the event.
- All athletes information are required (**Last name**, **First name**, **Date of Birth** and **Grade.**).
- If two or more athletes have the same last name, please enter as Smith1, Smith2, Smith3 respectively. The number at the end of last name will not show on Final Results. This only indicates the names under the drop down options in Entry Form.
- The DOB can be entered either as: Nov 22, 99 or 11/22/99
- The Grade section has a drop down menu. Please select athlete's grade respectively.
- **Tips:** Enter the names in alphabetically order by last name. This will give you an easier time for a quick look up when drop down options activates in Entry Forms section.

Entry Forms

- Under the Last Name section, the drop down menu activates when you complete entered the Roster information.
- If the name is not shown under the drop down options, you would need to enter athlete's information under Roster worksheet.
- **ALL** Best Marks MUST be entered. Please DO NOT leave blank. If you do not know the best marks, please enter your estimate best marks. DO NOT over-exaggerate!
- Recommend Standards are in place, please see website URL - **www.usadtf.org/pdf/BS-RecommendedStandards.pdf**
- Maximum of **3** athletes per school per event.
- Athlete may enter a maximum total of **4** events combined (individual and relays). Athlete entered in RESERVE for the relay event does not count towards the 4 events rule.

Deadline Date

- Participation Information form is due by **Friday, March 17**
- Roster and Entry forms are due by **Wednesday, April 5 @ 6PM EST**

If you have questions in regard to the 10th Berg/Seeger Classic, please contact Jesse Bailey at Jesse.Bailey@tsd.state.tx.us

Girls Roster

School Name:	Texas School for the Deaf
Head Coach:	Alex Jones
	First Name and Last Name
Assistant Coach:	Bethany Smtih
Manager:	Lori Lewis
Chaperone:	Paula Granger

Athletes are sorted by alphabetical order.

Hint: *If same last name, use Smith1, Smith2. Also enter last name in ABC order.*

#	Last Name	First Name	DOB ex. Nov 22, 98	Grade FR SO JR SR
1	Bright	Jennifer	Sep 19, 01	FR
2	Coleman	Chrystal	Dec 05, 00	SO
3	Davison	Tori	Aug 18, 00	JR
4	Diaz	Melissa	Oct 28, 01	FR
5	Murray	Desi	May 22, 00	SO
6	Smith1	Alicia	Jan 15, 00	JR
7	Smith2	Delores	Apr 29, 99	SR
8	Torres	Joylisa	Jun 05, 00	JR
9	Ulrich	Lee Ann	Jul 17, 99	SR
10	Zachary	Julia	Aug 30, 99	SR
11				
12				

You can type 8/30/99 and this will change to Aug 30, 99 automatically.

Due by Wednesday, April 5 @ 6PM EST

Note: Be sure to fill out forms in this Excel workbook and then email the entire Excel workbook as an attachment to Jesse Bailey at Jesse.Bailey@tsd.state.tx.us

If you have athletes with same last name, use 1, 2 respectively at the end.

After you entered athletes' names in **Girls Roster** form, the names will automatically appear in the drop down list feature. Select athlete's name for each event.

Entry Form - GIRLS

All times and marks MUST be entered.

School: Texas School for the Deaf

- Please select athlete's last name from the dropdown list.
- Best Times and Marks **MUST** be entered. Please **DO NOT** leave blank. If you do not know the times/marks, please enter your best estimate times/marks.

Individual	Last Name	Time/Mark	Last Name	Time/Mark	Last Name	Time/Mark
100m	Coleman	12.89	Torres	13.12	Ulrich	13.44
200m	Coleman	26.19	Ulrich	27.22	Murray	28.09
400m	Bright	1:03.28	Davison	1:07.29	Zachary	1:08.09
800m	Diaz	2:32.08	Bright	2:40.88		
1600m	Diaz	6:02.58				
3200m	Diaz	13:34.76				
100m Hurdles	Smith2	16.21	Torres	16.49	Ulrich	17.34
300m Hurdles	Smith2	49.89	Torres	50.87		
Long Jump	Smith1	15' 1"	Murray	14' 1"	Smith2	13' 9"
Triple Jump	Smith1	35' 2"	Murray	34' 5"		
High Jump	Murray	4' 4"	Coleman	4' 2"	Smith1	4' 0"
Shot Put	Zachary	32' 11"	Davison	30' 1"		
Discus	Zachary	102' 4"	Davison	98' 5"		

Relays	1st Leg Last Name	2nd Leg Last Name	3rd Leg Last Name	4th Leg Last Name	Reserve #1 Last Name	Reserve #2 Last Name
4 x 100m	Bright	Ulrich	Torres	Coleman	Murray	Zachary
4 x 200m						
4 x 400m	Smith2	Smith1	Diaz	Bright	Murray	Zachary
4 x 800m						

Best Times	
4 x 100m	54.05
4 x 200m	
4 x 400m	4:47.78
4 x 800m	

Note: All athletes above except **Murray** and **Zachary** have 4 events rule limit. The RESERVES in the relay category do not count towards the 4 events rule.

Due by Wednesday, April 5 @ 6PM EST

Recommended Standards - www.usadtf.org/pdf/BS-RecommendedStandards.pdf

Note: Be sure to fill out forms in this Excel workbook and then email the entire Excel workbook as an attachment to Jesse Bailey at Jesse.Bailey@tsd.state.tx.us

Recommended Standards

The standard chart below is compiled based on first (1st) place averages from the last five (5) years Berg/Seeger Classic held. The 25% reduction applied to the averages which are the established recommend standards.

Boys

Event	2012	2013	2014	2015	2016	1st Place Average	Standards
100m	11.18	11.48	11.11	11.36	11.12	**11.25**	**14.06**
200m	22.65	24.65	22.77	23.67	23.14	**23.38**	**29.22**
400m	50.58	53.23	51.51	52.42	51.64	**51.88**	**1:04.85**
800m	2:08.98	2:15.63	2:19.06	2:06.24	2:15.11	**2:13.00**	**2:46.25**
1600m	4:48.72	5:11.22	4:58.00	4:35.77	5:09.30	**4:56.60**	**6:10.75**
3200m	10:47.28	11:21.71	10:43.10	09:41.19	10:25.50	**10:35.76**	**13:14.70**
110m Hurdles	16.67	17.19	16.24	16.64	16.23	**16.59**	**20.74**
300m Hurdles	43.77	44.48	46.93	44.08	41.86	**44.22**	**55.28**
Long Jump	19' 10"	18' 0 3/4"	21' 8 1/2"	20' 11"	19' 1"	**19' 11"**	**14' 11 1/4"**
Triple Jump	40' 7 3/4"	37' 0 3/4"	36' 11"	40' 4 3/4"	40' 11 3/4"	**39' 2 1/4"**	**29' 4 3/4"**
High Jump	5' 6"	5' 10"	5' 7"	5' 7"	5' 9"	**5' 7 3/4"**	**4' 2 3/4"**
Shot Put	45' 4 1/4"	44' 10 1/2"	44' 10"	43' 1 1/4"	45' 3 3/4"	**44' 8 1/4"**	**33' 6 1/4"**
Discus	126' 11"	145' 7"	120' 0"	136' 9"	127' 5"	**131' 4"**	**98' 6"**
4x100m Relay	45.83	48.72	46.86	44.76	43.89	**46.01**	**57.52**
4x200m Relay	1:38.85	1:37.66	1:37.68	1:35.01	1:36.36	**1:37.11**	**2:01.39**
4x400m Relay	3:45.90	4:19.55	4:10.50	3:46.40	3:43.10	**3:57.09**	**4:56.36**
4x800m Relay	10:14.78	11:07.60	10:12.08	9:46.04	9:31.56	**10:10.41**	**12:43.02**

Girls

Event	2012	2013	2014	2015	2016	1st Place Average	Standards
100m	13.49	13.48	12.38	13.25	12.45	**13.01**	**16.26**
200m	28.07	28.30	27.75	27.67	26.20	**27.60**	**34.50**
400m	1:05.73	1:07.90	1:06.78	1:08.12	1:05.45	**1:06.80**	**1:23.50**
800m	2:40.90	3:13.47	3:01.65	3:04.66	2:56.63	**2:59.46**	**3:44.33**
1600m	5:50.51	7:38.84	7:30.99	6:50.60	6:40.76	**6:54.34**	**8:37.93**
3200m	12:19.44	15:51.20	15:51.00	14:11.92	14:50.30	**14:36.77**	**18:15.97**
100m Hurdles	17.70	17.95	17.17	17.57	16.84	**17.45**	**21.81**
300m Hurdles	54.34	51.59	50.60	51.96	52.18	**52.13**	**1:05.16**
Long Jump	14' 5"	14' 11"	14' 6"	15' 9 1/2"	15' 10"	**15' 1"**	**11' 3 3/4"**
Triple Jump	31' 1"	28' 7 1/2"	29' 3 1/2"	29' 6 3/4"	34' 3"	**30' 6 3/4"**	**22' 11"**
High Jump	4' 9"	4' 4"	4' 7"	4' 5"	4' 5"	**4' 6"**	**3' 4 1/2"**
Shot Put	28' 1 1/2"	29' 0 1/2"	30' 1"	31' 5 1/4"	29' 11"	**29' 8 1/2"**	**22' 3 1/2"**
Discus	97' 11"	87' 0"	88' 11"	84' 5"	90' 9"	**89' 9 1/2"**	**67' 4"**
4x100m Relay	56.16	57.15	52.26	52.71	53.74	**54.40**	**1:08.00**
4x200m Relay	2:09.96	2:14.87	1:51.64	1:52.47	1:57.48	**2:01.28**	**2:31.61**
4x400m Relay	4:50.48		5:39.96	4:51.78	4:43.68	**5:01.47**	**6:16.84**
4x800m Relay	13:29.83		14:28.45	13:08.91	13:39.16	**13:41.59**	**17:06.98**

As of: 01 May 2016