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Thank you for participating in the Twenty Ninth Annual Royal Valley April Invitational Track Meet. The meet will be held Tuesday, April 11, 2017 starting at 4:00 PM. We hope your experience at our meet will be a good one. We would appreciate it if you would please observe the deadlines established on the entry forms. This will make it much easier to start the meet on time.

Entries: Each school is limited to 3 entries in any open event and one team per relay. (A reminder to coaches: In the space provided please state the athlete's personal best this year in his/her respective event.)

Entry Fee: There is an entry fee of $75.00 per team, $150.00 for both boys' and girls' teams together. Please return your entry fee along with your entry forms on the deadline date. Please make checks payable to Royal Valley High School.

Entry Forms: Entry forms should be filled out completely and sent to Jeff Gustin. The deadline date is marked on the entry form (Thursday, April 6, 2017). Please type your entries on the enclosed document forms. Entries should be emailed to gustinj@rv337.org . We are asking that the entries be email to speed up the entry process.

Coaches' Meeting: There will be a short meeting at 3:25 P.M.

Field Events Field events will start at 4:00 p.m.

-Shot, Discus, Triple Jump, Long Jump, and Javelin: Each competitor will be given 3 preliminary throws/jumps with seven advancing to the finals where they will be allowed 3 final tries.

-High Jump & Pole Vault: The "Four Alive" method will be used.

Throwing Rings: Our shot put and discus rings are made of cement.

Warm-up Areas: Warm-up areas will be on the south side of the track behind the bleachers.

**No team gathering areas will be allowed inside the track. We also ask coaches to be sure that athletes do not bring glass or metal drink containers inside the track.**

Changes: No substitutes or additions will be allowed at the line except for relays. Changes and scratches will only be allowed until 3:45 at the Coaches' meeting.

Track: Our track is a Polyurethane track and has 8 lanes. Runways and all approach areas are Polyurethane. Please wear only 1/4 inch spikes or shorter.

**Javelin**: Royal Valley has Polyurethanerunways for the Javelin. Please be sure to have the throwers wear the proper shoes. **Please wear only 1/4 inch spikes or shorter.**

Dressing: There are no dressing rooms available. We ask that you come in uniform.

Preliminaries: Preliminary-running events will start at 5:00 P.M.

Finals: See the order of events sheet.

Field Event Order: 4:00 P.M.

- Boys' javelin (west field)

- Girls’ javelin (south field)

- Girls’ high jump followed by the boys' high jump

- Boys’ long jump (southeast pit)

- Girls’ long jump (northeast pit)

- Boys’ triple jump (southwest pit)

- Girls’ triple jump (northwest pit)

- Boys’ pole vault followed by girls' pole vault

- Girls’ discus (south ring)

- Boys’ discus (north ring)

- Girls’ shot (west ring) will start after Javelin & Discus are completed.

- Boys’ shot (east ring) will start after Javelin & Discus are completed.

Running Event Order: Preliminaries and finals have been set according to K.S.H.S.A.A. regulations as listed in the 2017 Track and Field Manual.

Starting Blocks: Starting blocks will be provided.

Scoring: Scoring will be as follows: Individuals: 10, 8, 6, 4, 2, 1

Relays: 10, 8, 6, 4, 2, and 1

Awards: Medals will be given to the first three- (3) places in each event. Trophies will be given to the first and second place teams in both the boys' and girls' divisions.

Starter: The starter will be Van Schaffer.

Concessions: There will be a concession stand and sandwiches will be available.

Rest Rooms: We request that all athletes remove their spikes before entering the building to use the rest rooms. Rest rooms will be on the south side of the buildings.

**The participating schools are:**

Royal Valley Santa Fe Trail

Sabetha St. Marys

Osage City Rossville

Council Grove Jackson Heights

Hayden