JACKSON HEIGHTS INVITATIONAL TRACK MEET

April 18, 2017 @ 3:00 p.m.

**CONTACT PERSONS**: Lyle Alley, AD or Brad Alley - Head Track Coach @785-364-2195

 **E MAIL:** lyle.alley@jhcobras.net or brad.alley@jhcobras.net

**MEET DATE:** Tuesday, April 18, 2017

**PARTICIPANTS:** Jackson Heights, Horton, Onaga, Wetmore, Royal Valley, Immaculata

**STARTING TIMES:** Field Events – 3:00 p.m. FINALS ONLY

 Running Finals – 4:30 p.m. FINALS ONLY

**SCORING:** 10-8-6-4-2-1 Relays: 10-8-6-4-2

**BUS PARKING:** Parking lot near track

**DRESSING ROOMS:** Please come dressed. Rest Rooms are available.

**RUNWAYS & TRACK:** NEW All weather, rubberized, 6-lane track and runways.

 Please wear ¼ inch or less spikes.

**THROWING RINGS:** Cement rings for Shot Put and Discus. Javelin runway is grass.

**# of ENTRIES: Unlimted Entries in all individual events – Only Score 3 per team**

 **Enter ONLY ONE Relay per school**

**COACHES MEETING:** Will be held at **2:15 pm** in the lower level of the Press Box Building.

 Scratches and Substitutions ONLY – NO ADDITIONS.

**AWARDS:** MEDALS: Top 3 finishers in ALLl events

1st PLACE TEAM PLAQUES: Boys and Girls

**ENTRY FEE**: **Please send entry fee of $150.00 per school.**

**ENTRIES**: Enter your entries using **Athletic.net**. See attached sheet for instructions on how to

 enter your athletes using Athletic.net.

**ENTRIES DUE: WEDNESDAY, APRIL 12TH. (We don’t school on Friday or Monday)**

**HOSPITALITY ROOM:** Located in the lower level of the Press Box Building for Coaches,

 Meet Helpers, and Bus Drivers

**ALL TEAM CAMPS MUST BE ON THE OUTSIDE TO THE TRACK**

**ORDER OF EVENTS**:

**FIELD EVENTS: ALL START @ 3:00 -- 4 THROWS OR JUMPS**

**DISCUS:** Girls followed by Boys

**SHOT PUT:** Boys followed by Girls

**JAVELIN:** Girls followed by Boys

**LONG JUMP:** Girls: North Pit Boys: South Pit

**TRIPLE JUMP:** to follow Long Jump on same pits

**HIGH JUMP**: Boys followed by Girls

**POLE VAULT**: Girls followed by Boys

**RUNNING EVENTS**: **START AT 4:30**

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| **Girls 4 X 800 Relay** |
| **Boys 4 X 800 Relay** |
| **Girls 100M Hurdles** |
| **Boys 110M Hurdles** |
| **Girls 100M Dash** |
| **Boys 100M Dash** |
| **Girls 1600M Run** |
| **Boys 1600M Run** |
| **Girls 4 X 100M Relay** |
| **Boys 4 X 100M Relay** |
| **Girls 400M Dash** |
| **Boys 400M Dash** |
| **Girls 300M Hurdles** |
| **Boys 300M Hurdles** |
| **Girls 800M Run** |
| **Boys 800M Run** |
| **Girls 200M Dash** |
| **Boys 200M Dash** |
| **Girls 3200M Run** |
| **Boys 3200M Run** |
| **Girls 4 X 400M Relay** |
| **Boys 4 x 400M Relay** |