HOLTON INVITATIONAL TRACK MEET

Tuesday, March 28, 2017

3:00 pm

CONTACT PERSONS: Jason Schroeder, Mark Middlemist 785-364-2181

 E MAIL: mmiddlemist@holtonks.net

MEET DATE: Tuesday, March 28, 2017

PARTICIPANTS: Abilene, Atchison, Hiawatha, Holton, Jackson Hts & Valley Falls

STARTING TIMES: Field Events – 3:00 p.m.

 Running Finals – 4:30 p.m.

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

BUS PARKING: 10th Street

DRESSING ROOMS: Please come dressed. Portable Toilets are available.

RUNWAYS & TRACK: NEW All weather, rubberized, 8-lane track and runways.

 Please wear ¼ inch or less spikes.

THROWING RINGS: Cement rings. Javelin runway is grass. (across the creek from track)

HOSPITALITIY ROOM: Coaches and Bus Drivers will receive a ticket for a meal from the

 concession stand

# of ENTRIES: 1) Field Events – 5 PER EVENT, only score 3

1. Sprint Events (400M or less) – 4 PER EVENT, only score 3
2. Distance Events (800M or more) – Unlimited, only score 3
3. Relays – One per school

COACHES MEETING: Will be held at 2:30 pm in the blue building.

AWARDS: MEDALS 1) top 3 finishers in individual events

 2) top 3 finishers in relay events

ENTRY FEE: $125 per school

**ENTRIES**: WE ARE USING ATHLETIC.NET WEBSITE TO ENTER ATHLETES.

ENTRIES ARE DUE MONDAY, MARCH 27TH @ 10:00 A.M.

**ORDER OF EVENTS**:

FIELD EVENTS: ALL START @ 3:00, EXCEPT SHOT & TRIPLE JUMP\*\*\*\*\*\*

DISCUS 2 RINGS (GIRLS WEST, BOYS EAST)

SHOT 2 RINGS (GIRLS WEST, BOYS EST) – AFTER DISCUS

JAVELIN 2 RUNWAYS (GIRLS EAST CORNER, BOYS WEST)

LONG JUMP BOYS NORTH PIT, GIRLS SOUTH PIT

TRIPLE JUMP TO FOLLOW LJ

HIGH JUMP --- GIRLS THEN BOYS

POLE VAULT ---- BOYS THEN GIRLS

**RUNNING EVENTS**:

|  |
| --- |
| **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** |