

Washington High School
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Track JV Invitational – Tuesday, May 8th, 2018 – 3:45 PM

**Teams – Brandon Valley, Harrisburg, Sioux Falls Lincoln, Sioux Falls Roosevelt, Tea Area, Sioux Falls Washington, Watertown
Site – Sioux Falls Washington High School**

Starter – Tim Fjellestad

Referee – Eric Foss

ROSTERS/NUMBERS/ENTRIES:

This is a participation meet for JV athletes. We will flight and heat as best as possible based on ability. Athletes must report when event is called.

Enter as many contestants per individual event as you would like within reason. Limit to two relays per school. First heat will be fast heat in individual events and the second heat will be the fast heat in relays. Please inform your athletes of this.

We will use the number system for entries and results. Please make sure that your rosters are accurate and up to date on the SDHSAA website **by 12:00 PM on Monday May 7th**. From the rosters, we will assign numbers. All athletes competing **MUST** have a number written on their hand for recording purposes. This includes field events. Please make sure that the athletes have their numbers.

Field event entries must be sent to jim.dorman@k12.sd.us **by 12:00 PM on Monday May 7th**. We will put them on the cards prior to the meet. If we do not receive entries for the field events, your athletes will be placed at the end of the flights.

FIELD EVENT ORGANIZATION:

There will be no pole vault at this meet.

MEET SCORING:

We will not be scoring the meet. We will run boys and girls together in the 3200 and 3200 relay if numbers dictate and daylight becomes an issue (we do not have lights on our track). We will not use relay cards unless coaches want to include the names of relay runners in the results.

CAMPS:

No camps will be set-up on the infield. Please pick up any garbage and throw in the garbage cans found around the facility. Please clean up your camp area at the end of the meet. We ask that the shot put and discus be thrown only in designated areas. Throwing footballs, baseballs, or Frisbees in or around the track complex will not be allowed.

GENERAL INFO:

Locker rooms will not be provided. **Restrooms will be available at 3:10 PM inside WHS – plan accordingly.

**Spikes should be 3/16th inch only. Cut tennis balls will be provided for relays...no tape on the track please!

**No admission fee will be charged. There will be no concessions.

**Implements will be weighed from 3:15-3:40 PM in the WHS Field House adjacent to the WHS Track.

**Discus will take place on the NW Side of WHS Practice Fields. Please be aware that this is a longer walk to get to this area on the WHS campus.

**Buses may unload athletes near track – school is dismissed at 3:05 PM and traffic will be very busy at that time. Buses will need to clear out from main lots until 3:30 PM when after-school traffic subsides. Buses may park in the parking lots west of the WHS Tennis Courts (Kenny Anderson Parking lot – you can access this lot from 6th Street).

**If questions, please contact Nate Malchow (WHS Activities Director – contact info listed above) or Coach Shane Reilly at shane.reilly@k12.sd.us If questions on entries, please contact Jim Dorman at jim.dorman@k12.sd.us

MEET SCHEDULE

COACHES MEETING (3:30 pm – Infield)

FIELD EVENTS (3:45 pm start)

Boys Shot followed by girls (3 throws)

Girls Discus followed by boys (3 throws)

Girls High Jump followed by boys

Boys Long Jump (NW pit) followed by girls (3 jumps)

Girls Triple Jump (SW pit) followed by boys (3 jumps)

**(NO Pole Vault at this meet)

RUNNING EVENTS (Rolling time schedule starting at 4:00 PM)

G/B 4 x 800

G/B 100/110 Hurdles

G/B 100 m Dash

G/B 4 x 200 Relay

G/B 1600m Run

G/B 4 x 100 Relay

G/B 400m Dash

G/B 300m Hurdles

G/B Medley Relay

G/B 800m Run

G/B 200m Dash

G/B 3200m Run

G/B 4 x 400 Relay

