

GILLETTE 1st ANNUAL INDOOR TRACK INVITATIONAL

April 9th, 2011

Hosted by Twin Spruce Junior High

Meet Director: Jeff Wasserburger/Autumn Williams

Field Events Start at 8:00 a.m.

Running Events Start at 10:00 a.m.

The 1st Annual Gillette Indoor Track & Field Meet for sixth, seventh and eighth grade boys and girls will be held on Saturday, April 9th, 2011 at the Campbell County Recreation Center Indoor Track. The meet will be divided into boys and girls divisions with separate sections for sixth, seventh and eighth graders.

ENTRIES AND ENTRY FORM

Each school will be allowed four (4) contestants per event in each section or division and a maximum of two (2) relay teams for each relay in each division. ***Contestants may compete in a maximum of five (5) events. Each contestant will have a maximum of three (3) running events (relays count as running events) to fill the five (5) event maximum.*** **Signup your team on runnercard.com before 12:00 pm on April 7th.** Go to <http://runnercard.com>. If you don't have an account, click on the Create Account Link (right side). If you already have an account, log in and register as you have in the past. Follow the prompts on the screen. If you run into any problems, click on the runnercard "Help" menu. If you still have problems, contact Twin Spruce Head Track Coach Tanner Kelting – 307-682-3144 or tkelting@ccsd.k12.wy.us.

AWARDS AND SCORING

Ribbons will be awarded for first through sixth place. No team scores will be kept.

RUNWAYS, RINGS & TRACK

No spikes will be allowed on the track or rings. No one will be allowed on the track and/or runways unless gym shoes or running flats. We will provide starting blocks for competition only. If an athlete wears spikes he or she may be disqualified from the event.

SCRATCH MEETING

Make sure that your entries are correct when you submit them. **You will not be able to add**, but you will be able to scratch/change. Field events will be taken care of at the event.

Scratch meeting for running events will be done from **7:30 a.m. to 8:15 a.m.** in the "crow's nest" at the track. **No scratches for running events will be allowed after 8:15 a.m. Field event scratches will be done at the event areas at check-in time.**

HOSPITALITY ROOM: Will be announced at the scratch meeting.

SPECIAL NOTES

1. All events are final. NO PRELIMS.
2. **We will need help! Please have workers ready to work at assigned events.** We would appreciate coaches who are available to help move and set hurdles.
3. Please listen to the P.A. Events will follow one after the other.
4. There will be FOUR (4) jumps/throws for long jump, triple jump and shot put and NO FINALS. There will be No Discus.
5. Olympic starts - one false start is a disqualification.
6. All running events must be scratched at the scratch session, 7:30-8:15a.m. so the meet will run smoothly and as efficiently as possible. **No scratches after 8:15 a.m.**
7. No one will be allowed on the track unless they have gym shoes or running flats. NO SPIKES.
8. Coaches and workers only in the press box. Times, distances and heights will be posted on press box windows.
9. 55M hurdles. Girls-13 meters to first hurdle, and 8.5 meters between hurdles. Boys-13.72 meters to first hurdle, and 9.14 meters between hurdles. Height of hurdles- 6th & 7th girls - 30"; 8th girls - 30"; 6th boys - 30", 7th boys - 33"; 8th boys - 36".
10. Please list your jumpers best height in high jump and pole vault. Starting heights for high jump will be:
 - i. 6-7-8 girls - 3'10"
 - ii. 6 boys - 3'10"
 - iii. 7 boys - 4'2"
 - iv. 8 boys - 4'8"
11. Please list actual/realistic times to seed runners of all running events.
12. **Uniforms:** Section 3 - Uniforms: Art 1: The track and field uniform consist of a school issued jersey and shorts, which are not objectionable to the referee, and shoes which may be supplied by the contestant. Any other visible apparel must be of a single color and worn under the uniform jersey or shorts. Undergarments worn under the jersey or shorts do not have to be the same color as uniform. Shorts must be worn at waist level.
13. **ENTRY FORMS:** Enter your team on runnercard.com before 12:00pm on April 7th, 2011.

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ORDER OF EVENTS

Field Events

8:00 a.m. - Field events begin and run until finished. This is an order only - times will be announced from the P.A. Two areas will be used for each event, except the pole vault. The first section listed below will be the first group to compete.

Shot Put		Long Jump		Triple Jump		Pole Vault		High Jump	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
6	6	8	8	6	6	6	6	8	8
7	7	7	7	7	7	7	7	7	7
8	8	6	6	8	8	8	8	6	6

Track Events

Start at 10:00 a.m. and run to conclusion.

All times are approximate - listen for calls on the P.A. If field events finish ahead of schedule, track events may begin sooner. All events are finals.

EVENT

1600m
55m H
55m Dash
4x200m
400m
800m
200m
4x400m

**Reminder: NO TRACK SPIKES ALLOWED. YOU WILL BE
DISQUALIFIED FROM YOUR EVENT AND POSSIBLY
FROM THE REST OF THE MEET.**