



Gold Diggers

Tony Biesiot, Activities Director
Lead—Deadwood High School

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Mountain West Invitational Track and Field Meet

Saturday May 4, 2013 - 9:30am

Mountain Top Field – Lead, SD

- Sessions:** This will be a one session meet. **Field events** and the **3200m run** will begin at **9:30**, with all other running events starting at 10:30. Mountain Top Field is located behind Lead-Deadwood High School.
- Coaches Meeting:** All coaches should attend the scratch meeting at **9:00am** at the equipment shed next to the track. **Scratches Only!** Implement weigh-ins will take place starting at **8:45** in the equipment shed.
- Fees:** **(\$40.00 Girls' and \$40.00 Boys')** **\$80.00 for both boys and girls.**
- Awards:** Medals will be given to 1-6 placers in individual events and place 1-4 in relays.
- Scoring:** Team points will be kept for boys and girls divisions. Six places will be scored (10-8-6-4-2-1).
- Entries:** **SOUTH DAKOTA SCHOOLS: Entries MUST be entered utilizing ONE of the following: 1) use the Electronic Entries via Excel File at the SDHSAA Website School Zone – www.sdhsaa.com**
OUT OF STATE SCHOOLS: YOU MUST USE THE ATTACHED SPREAD SHEET. Please send entries to **Ron Erion** at rerion@gmail.com by **6:00 PM Thursday, May 2nd.** Entry limits:
4 events per individual
3 school entrants per event
1 relay per school
- Sanction:** This meet is sanctioned by the SDHSAA, WHSAA, and the NFHS as a state qualifying meet.
- Weather/Cancellation:** A call will be made prior to Friday night regarding postponement due to weather. Please communicate proper contact information with your entry, especially if your coaches will be out of town that Friday (Howard Wood).
- Notes:** All weather surface track, **3/16" pyramid spikes allowed.** All timing will be handheld.

Weights: Disc Boys: 3.52, Girls: 2,21;
Shot Boys: 12.0, Girls: 8.81

Starting heights: Pole Vault Boys: 8'6", Girls: 6'0"
High Jump Boys: 5'2", Girls 4'2"

Please keep team camps off the infield. Camps should be located around the track.



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Mountain West Invitational

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Field Events

9:30am

Girls High Jump followed by Boys High Jump (east end)
Boys Shot Put followed by Girls Shot Put
Boys Pole Vault followed by Girls Pole Vault
Girls Discus followed by Boys Discus
Boys Long Jump followed by Girls Long Jump (inside pit)

FOLLOWING COMPLETION OF LONG JUMP

Girls Triple Jump **AND** Boys Triple Jump (on outside pit)

Running Events (Rolling schedule)

9:30am

Girls 3200m run
Boys 3200m run

10:30am

Girls 100m hurdles
Boys 110m hurdles
Girls 3200m relay
Girls 100m dash
Boys 100m dash
Boys 3200m relay
Girls 800m relay
Boys 800m relay
Girls 1600m run
Boys 1600m run
Girls 400m relay
Boys 400m relay
Girls 400m dash
Boys 400m dash
Girls 300m hurdles
Boys 300m hurdles
Girls 1600m medley relay
Boys 1600m medley relay
Girls 800m run
Boys 800m run
Girls 200m dash
Boys 200m dash
Girls 1600m relay
Boys 1600m relay

Scratch meeting 9:00am Weigh in at 8:45am Weights Disc Boys 3.52, Girls 2.21 shot Boys 12.0, girls 8.81
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**All Events are timed Finals!!!



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