

Saratoga Jr./Sr. High School Invitational Track Meet

Saturday April 26, 2008

- Coaches: There will be a concession stand opened throughout the track meet. They will be serving a meal throughout the meet if you are interested in that for you athletes. Please let me know if you would like to purchase a meal at the meet so I can let the booster club know approximately how many meals to prepare for.
- Track Facility: 400 meter latex rubber 8 lane track. The new track is located west of the high school gym.
- Spikes: 1/8 " spikes only. Violations of this rule will be disqualified from the remainder of the meet.
- Weigh In: Discus and shot put will be weighed in the southeast corner of the track at the shed starting at **8:00 a.m.**
- Rules: Wyoming High School Activities Association rules will be followed. **The Saratoga Invitational** is a State qualifying meet.
- Running Events: Fastest times recorded in events will be used to order athletes from fastest to slowest in placing no matter which heat winners come from.
- Field events: Discus, Shot Put, Long Jump, & Triple Jump: Four (4) throws/jumps. **No Finals** –Have your throwers or jumpers who have running events please report 1st to field events. Location of the shot and discus will be a meet day decision. We have two shot put and two discus rings available to us. We would like to use all four rings to speed up the meet progress, but that will depend upon the weather. Two of our rings will be useless to us if we get any kind of moisture. If that is the case we will have a bus transporting throwers to the two rings ¼ mile below high school at old football field. If all four ring are available at meet time we have the high school boys throw the discus and the high school girls throw the shot put at the old football field at the same time, and the middle school boys throw the discus and the middle school girls throw the shot at the new stadium at the same time. There will be no **Pole vault** at the meet this season. Our plan for the long and triple jumps is to do all four long jumps first (middle school and high school girls and middle school and high school boys, followed immediately on the same pit with the triple jump.
- Entry Fee: High School: \$75.00 per gender \$150.00 per school.
Jr. High School: \$50.00 per gender \$100.00 per school.
- Medals: Medals will be awarded to the top three finishers in all events, including the relays, in both the Jr. High and Sr. High Meets.

Locker facilities: We will have the back door of locker rooms open for restroom and locker room use. Please remove spikes in all locker room areas. Absolutely no entry is allowed into the gym if weather is nice outside. We will open gym to track athletes only if weather is inclement. If necessary to open gym because of weather there will be **no shoes** of any kind allowed in gym. Coaches please make your athletes aware of this.

Entries Due: **Wednesday April 23 at noon.** Use Runnercard.com. I think all of us have entered meets enough this way so you shouldn't have any trouble. If you have any trouble signing up talk to your high school coach or give me a call. There will be a sign up for the high school meet and the jr. high meet separately.

Scoring: 10-8-6-5-4-3-2-1. Team Scores will be kept.

Timing: FAT timing will be used unless something goes wrong and we need to shift to hand timing. If this occurs we might need coaches from all schools participating to give us a hand timing. It looks like we have a lot of volunteer help so that is a plus. I think everything should work out just fine, but remember this is our first time hosting a meet. I am sure there will be something that we aren't prepared for.

Race Starters: High School—Ray Larsen—Guernsey, Wyoming
Jr. High School—Ken Collamer—Saratoga, Wyoming



Saratoga Invitational Track Meet

April 26 2008

Schedule Of Events

- 8:00** Shot and Discus Weigh In begins
- 8:30** Middle/High School scrscratch and replace only meeting
- 9:00** Start of Field Events
- 10:30** Start of Running Events

Order of Events

- 9:00**
 - (MS, HS) Boys High Jump followed by Girls High Jump
 - (MS, HS) Girls Shot followed by Boys Shot
 - (HS, MS) Boys Discus followed by Girls Discus
 - (HS, MS) Boys and Girls Long Jump followed immediately with Triple Jump at same pit
- 10:30**
 - MS 1600 Meter Run - Girls - Boys
- 11:00**
 - HS 4 x 800 Meter Relay - Girls - Boys
- 11:45**
 - MS 100 Meter Hurdles - Girls
 - HS 100 Meter Hurdles - Girls
 - MS 100 Meter Hurdles - Boys
 - HS 110 Meter Hurdles - Boys
 - MS 100 Meter Dash - Girls - Boys
 - HS 100 Meter Dash - Girls - Boys
 - MS 400 Meter Dash - Girls - Boys
 - HS 1600 Meter Run - Girls - Boys
 - MS 4 x 100 Meter Relay - Girls - Boys
 - HS 4 x 100 Meter Relay - Girls - Boys
 - MS 200 Meter Hurdles - Girls - Boys
 - HS 300 Meter Hurdles - Girls - Boys
 - HS 400 Meter Dash - Girls - Boys
 - MS 800 Meter Run - Girls - Boys
 - HS 800 Meter Run - Girls - Boys
 - MS 200 Meter Dash - Girls - Boys
 - HS 200 Meter Dash - Girls - Boys
 - MS 4 x 200 Meter Relay - Girls - Boys
 - HS 3200 Meter Run - Girls - Boys
 - MS 4 x 400 Meter Relay - Girls - Boys
 - HS 4 x 400 Meter Relay - Girls - Boys