

SAGE VALLEY TRACK INVITATIONAL

May 7, 2016

Hosted by Sage Valley Jr. High
Meet Director: Mike Daniel, AD
Field Events Start at 8:00 A.M.
Running Events Start at 9:30 A.M.

Coach:

The annual Gillette Track & Field Meet for 6-7-8 boys and girls will be held on Saturday, May 7, 2016 at the Campbell County High School Track. The meet will be divided into boys and girls divisions with separate sections for 6-7-8 graders.

ENTRIES AND ENTRY FORM:

Each school will be allowed six (6) 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 counts as running events) to fill the five (5) event maximum. Signup your team on www.runnercard.com before 5:00p.m on May 5th. Please register your team by your school name (ex. Sage Valley not SV or Wright Panthers, not Panthers). Go to <http://www.runnercard.com> and 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 the Runnercard "Help" menu. If you still have problems, contact Sage Valley Head Track Coach Dewain Myers – 682-2225 or dmyers@ccsd.k12.wyus. We will not print results at the meet for the schools. Your results will be available on Runnercard. RUNNERCARD Password: _____.*

AWARDS AND SCORING:

Ribbons will be awarded for first (1st) – sixth (6th) place.

RUNWAYS, RINGS & TRACK:

No Spikes will be allowed on the rings. No one will be allowed on the track and/or runways unless he/she has 1/8" pyramid spikes or running flats. We will provide starting blocks for competition only.

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. The scratch meeting for running events will be done from 7:00 – 7:30 in the "crow's nest" at the track. **No scratches for running events will be allowed after 7:30. Field events scratch will be done at the event areas at check-in time.**

ENTRY FEES:

An entry fee of \$50.00 per school is to be paid to Sage Valley by voucher at the scratch meeting, bring your voucher, PO number, check or cash.

CONCESSION STAND:

A concession stand will be provided during the meet.

HOSPITALITY ROOM:

A Hospitality room for coaches and workers (only) will be available in the garage area located under the bleachers.

PARKING:

Parking is available east of the track field.

SPECIAL NOTES

1. All events are final – No Prelims
2. Starts: 800, 1600, 3200 will use a 1 or 2 turn alley (dependent on number of entries) unlimited entries in 800, 1600, and 3200.
3. 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.
4. Order times are plus or minus – please listen to the P.A. Events will follow one after the other. A short lunch break will be taken between the 200 dash and the 800 medley relay so the workers can take a break.
5. There will be three (3) jumps/throws from long jump, triple jump, shot put, and discus. There will be three (3) attempts without finals. Attempts that are short of the required distance will not be measured.
6. Olympic starts – one false start is disqualification.
7. Coaches and workers only in the press box. Times, distances, and heights will be posted on press box windows.
8. 100 Meter hurdles – 12 meters to first hurdle, and 8.5 meters between hurdles. Sixth, seventh, eighth girls 30". Sixth boys 30", seventh boys 33", eighth boys 36".
9. 200 hurdles are the last 5 hurdles of the high school 300 Meter hurdles. All hurdles will be 30" except eighth boys will be 33".
10. Please list your jumper's best height in high jump and pole vault. Starting heights for high jump will be:
6-7-8 girls – 3'10"
6 boys – 3'10"
7 boys – 4'2"
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 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 uniforms. Shorts must be worn at waist level.
13. In case of inclement weather, we will call you in advance if possible, or you may call:

Mike Daniel, Sage Valley AD – mdaniel@ccsd.k12.wy.us, 307-682-2225

Best of luck to all participants and see you on Saturday, May 7th!

GILLETTE INVITATIONAL TRACK MEET ORDER OF EVENTS

FIELD EVENTS:

8:30A.M. – Field events begin and run until finished. This is the 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		Discus		Long Jump		Triple Jump		Pole Vault		High Jump	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
6	6	8	8	8	8	7	7	6	6	8	8
7	7	6	6	7	7	6	6	7	7	6	6
8	8	7	7	6	6	8	8	8	8	7	7

TRACK EVENTS:

Start at 9:30 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:

3200 Run
 100 Meter Hurdles
 100 Meter Dash
 800 Meter Dash
 200 Meter Dash
 800 Medley Relay
 400 Meter Dash
 4x100 Relay
 1600 Meter Run
 200 Meter Hurdles
 4x400 Relay

ORDER OF ALL RUNNING EVENTS EXCEPT 100M DASH

	<u>100 hurdles</u>	<u>200 hurdles</u>
6 th grade girls	30"	30"
7 th grade girls	30"	30"
8 th grade girls	30"	30"
6 th grade boys	30"	30"
7 th grade boys	33"	30"
8 th grade boys	36"	33"

100M DASH ORDER

6th grade girls
 7th grade girls
 8th grade girls
 6th grade boys
 7th grade boys
 8th grade boys