

Powell Athletic Roundtable Middle School Track Invitational

Welcomes:

Big Horn, Cody, Lovell, Meeteetse, Powell, Worland

Divisions

Powell Middle School will be hosting the Powell Athletic Roundtable Middle School Invitational Meet on Saturday, April 2nd, 2022, for **7th and 8th grade boys and girls (6th graders may compete, however they must compete as 7th grade participants)**. The invitational meet will be held at **Powell High School**.

Entries

We are using www.runnercard.com for entries. The meet access code is **PAR2022** (no spaces). The deadline for entries is open until Saturday @ 7:30 AM. Coaches will scratch add from 8:00 – 9:00. We will allow unlimited entries in Shot and Discus only. Five entries will be allowed in each event per school (*i.e. 6th grade athletes will account for a 7th grade entry*). Athletes may enter a maximum of five (5) events. You may choose to use those 5 entries as you wish. One (1) relay team per school. It is best if there are no add-ons the day of the meet, adding on the day of the meet increases the chances that we will not start on time.

Hospitality Room

The Powell Athletic Roundtable will be hosting a hospitality area for all coaches, bus drivers, and workers at the north shed. A small breakfast and full lunch will be provided. **Concessions** are available to athletes and spectating fans.

Scoring

Scoring for all events will follow the National Federation Guidelines (p. 11 Rule 2-2) depending on the number of teams entered.

Page 11	2013 NFHS Track and Field Rules	Rule 2-2
	Number of Teams Competing in the Meet	Individual Scoring Relay Scoring
	2	5-3-1 5
	3	5-3-2-1 5-3
	4	6-4-3-2-1 6-4-2
	5	8-6-4-2-1 8-6-4-2
	6	10-8-6-4-2-1 10-8-6-4-2
	7 or more (6 scoring)	10-8-6-4-2-1 10-8-6-4-2-1
	7 or more (7 scoring)	10-8-6-4-3-2-1 10-8-6-4-3-2-1
	7 or more (8 scoring)	10-8-6-5-4-3-2-1 10-8-6-5-4-3-2-1
	ART. 3 . . . When any apparent place winner is disqualified in an event, lower place winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.	
	ART. 4 . . . Event points will be awarded to the opposing team(s) upon the determination by the referee, that the venue is unacceptable for competition. Points will be totalled and divided equally among visiting teams. The host team will receive no points.	
	ART. 5 . . . The score of a forfeited dual meet shall be 9-0.	
	ART. 6 . . . In the absence of prior mutual agreement, if in a track meet normally contested under the standard order of events (excluding "specialty" meets), the host school does not provide one or more of the events, points for each non-contested event shall be totalled and divided equally among the visiting teams. The host team shall receive no points.	

Placing

All running events will be held as timed finals. Places will be determined by official times, heights, and distances. Field events will be run to their conclusion according to the schedule. The 800 meter run will use an alley start and the 1600 meter run will use a waterfall start.

Order of Events

Please check in at all field events prior to the start of running events. We may be running field events and running events simultaneously so athletes must pay attention to the loudspeaker and report to their events on time. Athletes who do not check in will be scratched. *High Jump and Pole Vault take priority over all other field events. Please report to these events promptly to complete attempts at the current height.*

SHOT & DISCUS – 4 throws, 2 flights of 2 throws. Best throw will be measured.

Long Jump & Triple Jump - 3 JUMPS - Measure all jumps

9:30 A.M. Field Events begin

Discus (two rings) A - 8th boys, 7th boys,
(Unlimited Entries) B - 8th girls, 7th girls,

Shot Put (two rings) A - 7th boys, 8th boys**
(Unlimited Entries) B - 7th girls, 8th girls**

High Jump (two pits) A - 8th boys, 7th boys (North end of Track)
B - 7th girls, 8th girls (North End of Track)

Starting heights for high jump: 7th girls – 3'6", 8th girls – 3'9",
7th boys – 4'0", 8th boys 4'6"

Pole Vault 7th boys, 8th boys, 7th girls, 8th girls,

Long Jump (two pits) 8th girls, 7th girls,
7th boys, 8th boys

Triple Jump (two pits) Boys - 8th, 7th
Girls - 7th, 8th,

**We do our best to have most all field events staffed by volunteers. Volunteer staff will help eliminate coaches from having to work events, allowing you to coach your kids. Coaches, please look to assist the volunteers at the beginning of the day and assist them when needed. It is likely volunteer staff are unfamiliar with the details of the event. Thank you!*

***Radio the announcer, Kyle Rohrer if you need participants called. Most all field event staff will have a radio on hand.**

****We will weigh-in all shot put and discus in the back of the shed from 8:15-8:30.***

1. All shots and discus are weighed in at every meet
2. The event judge collects and labels all weighed in implement and keeps them until the start of the competition. (This will help keep kids from throwing and being unsupervised.)
3. All implements are returned to the throwing coaches at the end of the competition. (this will prevent people from grabbing the wrong implements.)

The start of running events will depend on progress in the field events. Listen for the announcement. All events will be run in the following order: 7th girls, 8th Girls, 7th boys, & 8th boys.

10:30 A.M. (approximate time)

- 1600 M run
- 100 M Hurdles (7th & 8th Girls & 7th Boys 30", 8th Boys 33")
- 100 M Dash
- 400 M Relay (4 x 100)
- 400 M Dash
- 200 M Hurdles (7th & 8th Girls & 7th Boys 30", 8th Boys 33")
- 800 M Run
- 200 M Dash
- 800 M Relay (100 x 100 x 200 x 400)
- 1600 M Relay (4 x 400)

Participants must report to their events on time or they will be scratched.

No one is allowed on the infield during running events unless they are a participant. No colored drinks (Gatorade) or food on the field, it will stain the field. Coaches, we need your help with this!

For questions, please call Chanler Buck at Powell Middle School, 435-760-2947

We look forward to seeing you at the Powell Athletic Roundtable Middle School Track Invitational.

Chanler Buck
Powell Middle School Activities Director