

ROCKY MOUNTAIN 6-8 Track Meet
INVITATIONAL TRACK AND FIELD MEET
SATURDAY, April 6 2019
9:00 AM.

Instructions to Coaches

- Entries :** Entries will be done online on <http://runnercard.com>.
ENTRIES WILL CLOSE AT NOON ON Friday, APRIL 5, 2019.
SIGN-UP PASSWORD IS: ROCKY
- Meeting:** A coaches meeting will be held at 8:30 am in the press box.
- Number of Events:** Each team will be able to have unlimited entries per event and grade division.
Each team will be allowed to enter one relay team for each of relays.
Athletes may compete in five (5) total events.
- Scratches:** Scratches can be made in the press box until 8:30 AM. Scratches can also be made with the Clerk of the Course for running events or with the head judge of the field events when the event is called.
- Timing:** We will be going with a timing system.
- Spikes:** Only 1/8" needle or pyramid spikes will be allowed.
- Starting Blocks:** RMMS School will furnish all blocks for use during the meet.
- Rest Rooms:** Rest rooms are located in the concession stand.
- Meals & Concessions:** Concessions will be offered.
- Field Events:** Competitors will be given **3** total jumps in long jump and triple jump and 3 throw in the shot put and discus.
- Races:** Heats will be seeded by slowest to fastest time. All running events will be timed finals.
- Scoring:** Scoring will be 10 – 8 – 6 – 4 – 2 – 1 (6 lane track)
- Team Camps:** Team camps may be set up on the hillside, The football field will only be for warm-ups.
- Other Information:** Each team will be responsible for providing workers for one event. We are short handed with many of our players and coaches missing for other activities on the same day.

Order of Events:

Rocky 6-8 Middle School Invitational April 6, 2019

SCHEDULE OF EVENTS

FIELD EVENTS

9:00 am

- Shot Put: 6th/7th boys, 8th boys, 6th/7th girls, 8th girls
- Discus: 6th/7th girls, 8th girls, 6th/7th boys, 8th boys
- Pole Vault: 6th/7th g (5'6"), 8g (6'0"), 6/7b (6'0"), 8b (7'0")
- Long Jump: 8th girls, 6th/7th girls, 6th/7th boys, 8th boys
- Triple Jump: 8th boys, 6th/7th boys, 8th girls, 6th/7th girls (lane closest to the road)
- High Jump: 6th/7th boys, 8th boys, 6th/7th girls, 8th girls

Field Events:

High Jump (Rec. starting height)

Boys 6th/7th – 4'3"	Boys 8th – 4'6"
Girls 6th/7th – 3'6"	Girls 8th – 3'9"

Pole Vault – Boys 6th/7th – 6'0" – raise 6" to 8" – raise 3" after 8'
Girls 6th/7th – 5'6" – raise 6" to 8" – raise 3" after 8'
Boys 8th – 7'0" – raise 6" to 9" – raise 3" after 9'
Girls 8th – 6'0" – raise 6" to 8" – raise 3" after 8'

RUNNING EVENTS

All running events are in the following order: 6th/7th girls, 8th girls, 6th/7th boys, 8th boys

9:00 AM

1600 m RUN

The remaining running events will begin at **approximately 11:00 AM.**

100 m HURDLES (girls and 6th and 7th boys: 30" 8th boys: 33")

100 m DASH

4x100 m RELAY

400 m DASH

200 m HURDLES **There will be five hurdles in the 200 meter hurdles**

800 m RUN

200 m DASH

800 medley **1-1-2-4**

4X400 m RELAY