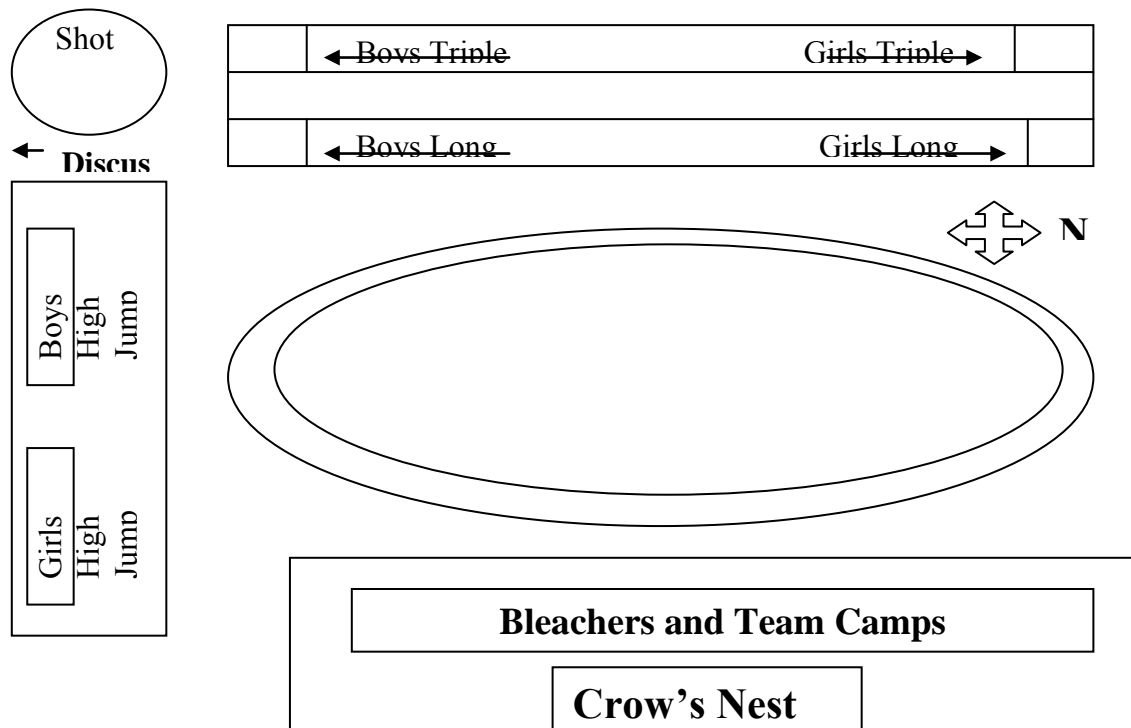


Lander Middle School Invitational Track Meet
Saturday, April 29, 2017
Bill Bush Stadium

The Lander MS Invitational Track Meet will be held on Saturday, April 29, 2017.

1. Please be prepared to work a field event. We will also need a coach from each school to time. We will have a work list at the scratch meeting.
2. Grades 6 & 7 will be in the same division. The Grade 6/7 Division will be allowed 12 entries per event. The Grade 8 Division will be allowed 6 entries per event. No more than 4 events per athlete. **If you enter more than six in the Grade 8 Division the extras will be scratched.**
3. Entries will be on RunnerCard. Entries will close at 1:00pm on Friday, April 28.
4. Athletes may run in both the 800 and 1600 meter runs. We may run divisions of the girls together as well as divisions of the boys together if the numbers are not too large.
5. The meet will be scored 10-8-6-4-2-1.
6. Athletes must remain in the stands or in team camps located on the east end of the practice football field during the running events unless they have been called for an event or are working the meet. There will be a general warm-up area at the south end of the marshalling area. There will be no warming up or team camps in the infield.
7. Keep your camps clean please. Please be sure your teams pick up their area before leaving. Trash bags will be provided.
8. Concessions will be available.
9. No athletes should be in the Fieldhouse at any time during the day. Restroom facilities are located directly behind the concession stand.
10. Needle-nose spikes should only be worn on the track surface and runways.
11. We will have a short scratch meeting in the Auxiliary (Door entrance behind stadium bleachers) Gym beginning at 8:15 a.m.—scratch only, no adds. Field events will begin at 9:00 am.
12. Running event entrants will report to the south end of the track at the starting chutes. There will be a first, second, and final call for all events. If athletes are still competing in a field event, have someone report to your race for you and show up when you hear final call. All running events will be in the following order: 6/7 girls, 8 girls, 6/7 boys, and 8 boys.
13. Hospitality Room will be located in the Aux Gym.

14. Starting heights for high jump: 6/7 Girls: 3' 6" / 8 Girls: 3' 8"
6/7 Boys: 3' 10" / 8 Boys: 4' 2"
15. The long and triple jumps will have a minimum distance required to measure. If jumpers do not make the minimum on the first two, the third attempt will be measured.
- Long Jump: Grade 6/7 Girls: 10' / Grade 8 Girls: 11' / Grade 6/7 Boys: 12' / Grade 8 Boys: 13'
Triple Jump: Grade 6/7 Girls: 19' / Grade 8 Girls: 23' / Grade 6/7 Boys: 21' / Grade 8 Boys: 25'
16. Discus and Shot: Each thrower will throw three in a row. The longest will be measured.
17. Athletes will report to field events by 9:00 a.m. Athletes should check-in with the person in charge. All field events will have three throws or jumps. All throws and jumps are considered as finals.
18. The schedule of events follows:
- | | | | |
|------------------|--|--|----------|
| 8:15 – 8:45 a.m. | Scratch Meeting in the Auxiliary Gym | | |
| 9:00 a.m. | Field events begin. (See attached map) | | |
| 10:00 a.m. | 1600 M run | | |
| 11:00 a.m. | 100 M hurdles | Girls 30" | Boys 33" |
| | 100 M Dash | | |
| | 400 M Relay | | |
| | 400 M Dash | | |
| | 200 M Hurdles | (Note these will be on 300M stagger) | |
| | 800 M Run | | |
| | 200 M Dash | | |
| | 800 M Relay | (Four Turn Stagger – lanes entire way) | |
| | 1600 M Relay | | |



Field Events will begin at 9:00 a.m. sharp and will be run in the following order:

High Jump: 6th/7th Grade then 8th Grade Boys – West HJ Area.

6th/7th Grade then 8th Grade Girls – East HJ Area.

***2” increase per round.**

Long Jump: 8th Grade Boys followed by 6th/7th Grade Boys – SE pit.

8th Grade Girls followed by 6th/7th Grade Girls – NE pit.

***3 Jumps – Measure Qualifying Lengths Only -- All Jumps Final**

Triple Jump: 6th/7th Grade Boys followed by 8th Grade Boys – SW pit.

6th/7th Grade Girls followed by 8th Grade Girls – NW pit.

***3 Jumps – Measure Qualifying Lengths Only -- All Jumps Final**

Shot Put: 8th Grade Boys followed by 6th/7th Grade Boys – North Shot Ring

8th Grade Girls followed by 6th/7th Grade Girls – South Shot Ring

***All 3 Throws at Once / Measure the Farthest – All Throws Final**

Discus: 6th/7th Grade Boys followed by 8th Grade Boys – North Disc Ring

6th/7th Grade Girls followed by 8th Grade Girls – South Disc Ring

***All 3 Throws at Once / Measure the Farthest – All Throws Final**

Pole Vault: **After Boys Triple Jump**

8th Grade Boys followed by 7th Grade Boys – SW pit.

8th Grade Girls followed by 7th Grade Girls – SW pit.