



**Saratoga Invitational Track Meet**  
**@ Panther Stadium—Saratoga High School**  
**Saturday May 2, 2009**



**PARKING**

You may drop off the athletes at the gate, but please park buses in the parking lot of Saratoga High School to ease congestion of traffic around the entrance of the track.

**SANCTION & SCHOOL CLASSIFICATION**

This is a Wyoming state sanctioned qualifying meet.

**CHECK-IN & SCRATCHES**

Coaching packets containing information, qualifying standards and reporting forms will be available at the equipment shed by 7:00 a.m. Scratches for running events should be made when packets are picked up. Scratches for field events may be made at the shed and at the site of the event. You may scratch and replace an athlete in an event, **but no adds will be allowed**. Please let your athletes know to please stay away from finish line during races to keep from fouling up our camera pictures.

**TRACK WARM-UP**

The track and runways will be available for warm-ups.

**AWARDS & TOWELS**

Medals will be awarded to the top three individuals and relays in all events for both the junior high and high school competitions. Towels will not be furnished in any events.

**VALUABLES**

Saratoga High School will not be responsible for any personal belongings or school items (shots, discus, poles, etc.) lost or stolen.

**PARTICIPATION RULES**

1. Entries are unlimited in each event.
2. The maximum number of events a contestant may enter shall be four (4).
3. We will adhere to the 2009 NFSHSA Track & Field Rules Book.

## **ENTRIES**

Entries will be unlimited in each event. Please list contestants in order of ability and include their true times and distances. Enter on RunnerCard <http://www.runnercard.com> by Wednesday April 29, 2009 by 11:00 a.m.

## **SEEDING**

Athletes will be heated and seeded according to entry times. Please be as accurate as possible to be fair to all athletes and to keep the coaches off my back. There will be no finals, therefore, we need your help in placing the proper athlete in the appropriate heat.

## **REPORT TIME**

Field event contestants must report when announced. Track contestants not reporting on last call will be scratched. Report to the starting line of your race to check in. Please remind your athletes to please stay away from the finish line to keep from obstructing the finish line camera.

## **Spikes**

1/8" pyramid spikes or running flats will be only things allowed on the track. Failure to adhere will be grounds for automatic disqualification.

## **ALLEY STARTS**

One turn alley starts will be used for 800 meter run, 1600 meter run, and 3200 meter run.

## **Locker Rooms**

Locker rooms will be available at the South end of the gym. If weather is bad we will open up the gym for the athletes, but at no time will athletes be allowed to wear outside shoes in the gym. Please let your athletes know this please.

## **STARTING BLOCKS**

Starting blocks will be provided by meet management. Other starting block will not be allowed.

## **TIMING**

FAT-LYNX timing system will be used.

## ENTRY FEE

Junior High Girls	\$25.00
Junior High Boys	\$25.00
High School Girls	\$50.00
High School Boys	\$50.00

## FIELD EVENTS—Begin @ 9:00 a.m.

- A. Shot & discus throwers will be placed in flights. Each thrower will complete (four) 4 throws (2-1-1 setup). No finals
- B. Long jump and triple jump competitors will be placed in flights. Each jumper will receive four (4) jumps. No finals.
- C. In the high jump and pole vault, each competitor will receive three (3) attempts at each height as they remain in the competition.

### D. Pole Vault—Starting height

Boys 6'6"

Girls 5'6"

### High Jump—Starting height

HS Boys 4'8"

HS Girls 3'10"

MS Girls 3'2"

MS Boys 3'10"



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Saturday May 2, 2009

## Schedule Of Events

- 8:00** Shot and Discus Weigh In begins
- 8:30** Middle/High School sciscratch 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) Girls Pole Vault followed by the Boys Pole Vault
- (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