

## 2018 Evanston Invite

Wednesday April 18th, 2018

- This is a WHSAA sanctioned qualifying track meet.
- Team packets will be available at the coaches meeting held in the blue sheds located by the starting line. Coaches meeting will be at 1:30 pm.
- Final event scratch/add will be completed from 1:00 to 1:30 pm in the stadium press box.
- Busses can load/unload and park in the North parking lot closest to the track.
- Locker rooms are available in the high school. Each school will be responsible for their own valuables.
- Weigh-in's for the throwing events and pole vault will be held in the blue sheds located by the starting line. All implements and vaulters must be weighed in between 1:15 pm and 1:45 pm. The judges at the shot put and discus rings will visually inspect each implement for verification.
- 3/16 spikes are allowed.
- No team camps allowed on the infield. All teams are responsible to clean up their area at the completion of the meet. Trash bags will be available.
- All races will be timed finals, see order of events.
- **Throws:** Each throwing event will be 4 throws per athlete with no finals. Each thrower will get one legal mark and any subsequent mark after must meet the minimum standard. Throws that do not pass the minimum distance will not be measured once the first legal throw is recorded.
  - Boys Shot 35'
  - Boys Discus 90'
  - Girls Shot 25'
  - Girls Shot 60'
- **Horizontal Jumps:** Each participant will be allowed 4 jumps with no finals. Each jumper will get one legal mark and any subsequent marks after must meet the minimum distance. Jumps that do not meet the minimum distance will not be measured once the first legal jump is recorded.
  - Boys Long Jump 16'
  - Boys Triple Jump 35'
  - Girls Long Jump 12'
  - Girls Triple Jump 25'
- **Vertical Jumps:** Starting heights will be determined based upon entries.
- Concessions will be available.

## Schedule of Events

**\*TIMES ARE ESTIMATES\* Meet will move forward as heats allow.**

1:00 - 1:30 pm.	Scratch/Add Meeting located in the stadium press box.
1:15 - 1:45 pm.	Weigh in for all throwing events and pole vault.
1:30 pm.	Coaches Meeting at the blue shed by the starting line.
2:00 pm.	All field events.  Girls Pole Vault followed by the Boys Boys High Jump followed by the Girls Girls Long Jump followed by the Boys Boys Triple Jump followed by the Girls Girls Discus followed by the Boys Boys Shot Put followed by the Girls
2:30 pm	3200 Meter Relay (Girls/Boys)
3:00 pm	Sprint Medley Relay (Girls/Boys)
3:15 pm	100 Meter Hurdles (Girls)
3:30 pm	110 Meter Hurdles (Boys)
4:00 pm	100 Meter Dash (Girls/Boys)
4:15 pm	1600 Meter Run (Girls/Boys)
4:45 pm	400 Meter Relay (Girls/Boys)
5:00 pm	400 Meter Dash (Girls/Boys)
5:15 pm	300 Meter Hurdles (Girls/Boys)
5:35 pm	800 Meter Run (Girls/Boys)
5:50 pm	200 Meter Dash (Girls/Boys)
6:05 pm	3200 Meter Run (Girls/Boys)
6:30 pm	1600 Meter Relay (Girls/Boys)

ALL TIMES ARE ESTIMATES AND WILL BE ADJUSTED AT THE MEET PROGRESSES!