

**PINEDALE MIDDLE SCHOOL INVITATIONAL TRACK MEET  
APRIL 25, 2015**

Welcome to the Pinedale Middle School Invitational. **THIS IS NOT A STICKER MEET.** Your team will need to register for the meet with RunnerCard. Registration is now open and will close @ 10:00pm on Thursday, April 23. To register go to [www.runnercard.com](http://www.runnercard.com). You will need to create an account and then:

- Select HS-JR High
- Start registration (6<sup>th</sup> and 7<sup>th</sup> graders = 7<sup>th</sup> grade division)
- If they have a seed time/distance please record or estimate so we can try to get fastest kids in the same heats.

Each athlete may be in four events (relays count as one event). Each event will be limited to eight athletes from each school except the relays are limited to two per division per school.

All running events have priority over field events.

Except for high jump, the 3 throws or jumps are final. Long and triple will be put in flights. Shot and discus athletes will do all 3 throws at once. Included is a list of minimum distances that we will mark. We will measure the longest two throws.

Field events will start at 9:00am, please note coach assignment below:

Shot Put:	8 boys, followed by 7 boys; 8 girls followed by 7 girls (Pinedale and Riverton)
Discus:	8 girls, followed by 7 girls; 8 boys followed by 7 boys (Rock Springs)
High Jump:	7 boys (4'0), followed by 8 boys (4'2); 7 girls (3'8), 8 girls (3'10) (Big Piney)
Long Jump:	8 boys, followed by 7 boys; 8 girls followed by 7 girls (Jackson and EMS) Boys=East/Girls=West
Triple Jump:	7 girls followed by 8 girls; 8 boys, followed by 7 boys (DMS and Green River)

All running events will proceed as follows: 7<sup>th</sup> girls, 8<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> boys  
We may combine the 1600m and 800m by gender if numbers allow.

Running events will start at 10:00:

- 1600m run
- 100m hurdles
- 100m dash
- 400m run
- 4x100m relay
- 200m hurdles
- 800m run
- 200m dash
- 4x200m relay
- 4x400m relay

We request that all buses use the Parking Lot "North" of the BOCES building. Take Tyler Street past the Aquatic Center and north of the BOCES building to enter the parking area. **Team camps may be set up in the grass area just north of the track and behind the fence.** No team camps will be allowed on the turf and no gum or sunflower seeds on the turf. Thank you for your cooperation and we look forward to a great meet!

There will be a Coaches meeting Saturday morning at 8:30am. Please meet behind the stadium. \*You will only be allowed to SCRATCH your athletes at this time...there will be NO ADDING.

Any questions regarding runnerCard, please contact Chris Rule at [crule@sub1.org](mailto:crule@sub1.org), or 367-5500.

Concessions will be sold and we'll have a hospitality room for coaches, bus drivers and meet workers.

# Pinedale Middle School Track Invitational

## April 25, 2015

### Minimum distances to get a mark

#### TRIPLE JUMP

7<sup>TH</sup> GRADE:      BOYS - 21'      GIRLS - 19'

8<sup>TH</sup> GRADE:      BOYS - 25'      GIRLS - 23'

#### LONG JUMP

7<sup>TH</sup> GRADE:      BOYS - 12'      GIRLS - 9'

8<sup>TH</sup> GRADE:      BOYS - 14'      GIRLS - 11'

#### SHOT

7<sup>TH</sup> GRADE:      BOYS - 23'      GIRLS - 15'

8<sup>TH</sup> GRADE:      BOYS - 28'      GIRLS - 18'

#### DISCUS

7<sup>TH</sup> GRADE:      BOYS - 60'      GIRLS - 55'

8<sup>TH</sup> GRADE:      BOYS - 70'      GIRLS - 60'

#### HIGH JUMP

7<sup>TH</sup> GRADE:      BOYS - 3'6"      GIRLS - 3'4"

8<sup>TH</sup> GRADE:      BOYS - 4'0"      GIRLS - 3'6"

Please Return by Wednesday, April 22, 2015

Ben Smith, Athletic Director

Fax: 307-367-2611

School: \_\_\_\_\_ Coach: \_\_\_\_\_

Will attend \_\_\_\_\_

Will Not be attending \_\_\_\_\_

We will be bringing approximately \_\_\_\_\_ Athletes and \_\_\_\_\_ Coaches

## Important

In the event we have to cancel due to weather, please give us the name and cell number of who to contact:

Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

Your scheduled leave time: \_\_\_\_\_