Douglas Middle School Invitational Track Meet

**SATURDAY APRIL 23rd, 2016**

**TO: Track Coaches and Activity Directors**

**TIME:** 9:00 am - Field Events and 10:00 am - Running Events

**PLACE:** Douglas High School – Bearcat Stadium

**DIVISIONS:** There will be 4 total divisions:

1. **7th Grade Girls** (6th graders are allowed to compete but will compete with 7th graders.)
2. **8th Grade Girls**
3. **7th Grade Boys** (6th graders are allowed to compete but will compete with 7th graders.)
4. **8th Grade Boys**

**PARTICIPATION: *Each athlete may compete in no more than 4 total events (relays count as an event). Athletes are not allowed to run more than one race greater than 800m in length. Each school is only allowed 1 relay team per grade level and per division. Schools are also limited to 8 athletes per event per grade level per division. You are only allowed 1 boys team and 1 girls team.***

**TIMED FINALS:** Running Events – No prelims. All running events are timed and deemed final.

Shot and Discus - No prelims. Each contestant will receive 3 throws.

Long and Triple Jump – No prelims. Each contestant will receive 3 jumps.

Pole Vault and High Jump will consist of 3 attempts per height.

***Distance athletes are not allowed to run in both the 2400m and 1600m runs. They must choose one or the other.***

Starting Heights High Jump: 7 Girls – 3’4’’

8 Girls - 3’8’’

7 Boys – 4’0’’

8 Boys – 4’4’’

Pole Vault: 7 Girls – 4’0’’

8 Girls – 4’6’’

7 Boys – 5’0’’

8 Boys – 5’6’’

**ENTRIES: There will be a $60 entry fee per school for the meet ($30 for a boys team & $30 for a girls team). Please send this in to the DMS Activities Office (615 Hamilton St. Douglas, WY 82633) or bring a voucher with you. If you only bring one team, you owe $30.00.**

***Please place entries at*** [***www.Runnercard.com***](http://www.Runnercard.com) ***(2016 Douglas Middle School Invitational). Entry deadline will be Friday April 22nd at 6:00 pm.***

**CHECK-IN: 8:00 am –** Coaches will need to check-in at the press box at the stadium to receive the meet information and field event worker materials. ***Teams and coaches from various schools will be assigned an event to work (SEE EVENT WORKER SCHEDULE AT THE BOTTOM OF THE DOCUMENT).***

**DRESSING ROOMS:** Dressing space will be provided in the locker rooms in the Rec Center. Shower facilities are also available in the locker rooms. **Each school is responsible for securing their own valuables and must furnish their own towels.**

**HURDLE HEIGHT:** The girl divisions will run all hurdles at 30’’. The boys will run the 75m hurdles at 33’’ and the 200m hurdles at 30’’.

**SCORING:** FAT Scoring System will be utilized.The meet will be scored according to National Federation rules for Track and Field. 10-8-6-5-4-3-2-1

**AWARDS:** Ribbons will be awarded per division for 1st – 8th place in all individual events, and 1st – 4th place for relays. All awards will be mailed the following week. No awards will be given for team champions.

**SPIKES: 1/8”** Pyramid spikes only.

**TEAM CAMPS:**  ***Teams will be allowed to set up camp in the baseball field located directly to the west of the track. Please keep the infield (turf) area clear for warm-ups only. Please try to stay out of the grandstands for that will be reserved for parents and fans.***

**EQUIPMENT/CERTIFICATION/WEIGH-INS:** Blocks will be provided. Each team will be allowed to use their own shot and discus provided that (1) all shot and discs are weighed in and (2) all shots and discs that meet weight specifications remain at the rings for all schools to use. Certification and weigh-ins will be held in the shed at the west end of the track. Coaches will verify weight for pole vaulters at the event.

**BAD WEATHER:** In case of bad weather sufficient to cause cancellation, you may call Ryan Mackey at 358-9771 (Activities Office) or 259-8931 (Cell).

**SCRATCH/ADDS:** Report to the press box at the stadium for your team packet. ALL scratch/adds are due on Runnercard. Only scratches from running events after 6:00 pm on April 22nd. Scratch/add at field event after 7:30 am until start of event.

**HOSPITALITY ROOM:** Will be available to all coaches, bus drivers, and meet personnel throughout the meet. The food will be located in the shed at the west end of the track.

We look forward to having your teams in Douglas for a great day of competition! If you have any questions, please feel free to call us at 358-9771!

**ADDITIONAL INFORMATION:**

* In the 2400m and 1600m races, all girl divisions will run together and be scored separately. The same will apply for the boy’s races.
* Events will follow each other in the order of events. There is not a strict time schedule.
* There will be no designated lunch break, so please find time to make it to the shed to eat.
* *The Weightman’s relay will still take place this year, but will not be listed in RunnerCard. This relay will be the final event of the day following the 8th grade boys 4x400m relay. No ribbons will be given for this event, and it will not impact team points. You will have 5 minutes to assemble a team and get them to the starting line where they will be placed in heats and lanes.*
* All girls will pole vault together and will be scored separately; the boy’s pole vault will run the same way.
* Running events will take priority over field events. Please make sure your athletes communicate with the field event judge before leaving and return immediately following the running event.
* 2 high jump pits and discus rings with be running in unison.
* We will only be using 1 shot ring due to safety reasons; please be patient.

**FIELD EVENTS**

# ORDER OF EVENTS

**SATURDAY, APRIL 23rd, 2016**

**9:00 am**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EVENT** | **7TH GRADE GIRLS** | **8TH GRADE GIRLS** | **7TH GRADE BOYS** | **8TH GRADE BOYS** |
| **SHOT PUT** | Follow 7 Boys (3) | Follow 7 Girls (4) | Follow 8 Boys (2) | 9:00 am (1) |
| **DISCUS** | Follow 7 Boys – South Pit (2) | 9:00 am – North Pit (1) | 9:00 am – South Pit (1) | Follow 8 Girls – North Pit (2) |
| **HIGH JUMP** | Follow 8 Girls – North Pit (2) | 9:00 am – North Pit (1) | 9:00 am – South Pit (1) | Follow 7 Boys – South Pit (2) |
| **LONG JUMP** | 9:00 am – South Pit (1) | Follow 7 Girls – South Pit (2) | Follow 8 Girls – South Pit (3) | Follow 7 Boys – South Pit (4) |
| **TRIPLE JUMP** | Follow 8 Girls – North Pit (4) | Follow 7 Boys – North Pit (3) | Follow 8 Boys – North Pit (2) | 9:00 am – North Pit (1) |
| **POLE VAULT** | 9:00 am (1) | 9:00 am (1) | Follow 7/8 Girls (2) | Follow 7/8 Girls (2) |

***\*\*\*The numbers in parenthesis (1), (2), (3), and (4) represent the order in which the four divisions will compete depending on the number of pits/rings. There is only one shot put ring, one triple jump pit, and one long jump pit. However, there are two high jump pits and two discus rings.\*\*\****

**RUNNING EVENTS**

**ORDER OF EVENTS**

**SATURDAY, APRIL 23rd, 2016**

**10:00 am**

2400m 7/8 girls XC run

2400m 7/8 boys XC run

1600m 7 girls

1600m 8 girls

1600m 7 boys

1600m 8 boys

75m Hurdle 7 boys

75m Hurdle 8 boys

55m Hurdle 7 girls

55m Hurdle 8 girls

100m 7 girls

100m 8 girls

100m 7 boys

100m 8 boys

4x100m Relay 7 girls

4x100m Relay 8 girls

4x100m Relay 7 boys

4x100m Relay 8 boys

400m 7 girls

400m 8 girls

400m 7 boys

400m 8 boys

200m Hurdle 7 girls

200m Hurdle 8 girls

200m Hurdle 7 boys

200m Hurdle 8 boys

800m 7 girls

800m 8 girls

800m 7 boys

800m 8 boys

200m 7 girls

200m 8 girls

200m 7 boys

200m 8 boys

Sprint Medley 7 girls

Sprint Medley 8 girls

Sprint Medley 7 boys

Sprint Medley 8 boys

4x400m Relay 7 girls

4x400m Relay 8 girls

4x400m Relay 7 boys

4x400m Relay 8 boys

Weightman’s Relay 7 girls

Weightman’s Relay 8 girls

Weightman’s Relay 7 boys

Weightman’s Relay 8 boys

**EVENT WORKER SCHEDULE**

**SATURDAY, APRIL 23rd, 2016**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EVENT** | **7TH GRADE GIRLS** | **8TH GRADE GIRLS** | **7TH GRADE BOYS** | **8TH GRADE BOYS** |
| **SHOT PUT** | Follow 7 Boys (3) - **GLENROCK** | Follow 7 Girls (4) --**GLENROCK** | Follow 8 Boys (2) - **TORRINGTON** | 9:00 am (1) –  **TORRINGTON** |
| **DISCUS** | Follow 7 Boys – South Pit (2) –  **DOUGLAS** | 9:00 am – North Pit (1) –  **DOUGLAS** | 9:00 am – South Pit (1) –  **DOUGLAS** | Follow 8 Girls – North Pit (2) –  **DOUGLAS** |
| **HIGH JUMP** | Follow 8 Girls – North Pit (2) – **DOUGLAS** | 9:00 am – North Pit (1) –  **DOUGLAS** | 9:00 am – South Pit (1) –  **LARAMIE** | Follow 7 Boys – South Pit (2) - **LARAMIE** |
| **LONG JUMP** | 9:00 am – South Pit (1) - **CCA** | Follow 7 Girls – South Pit (2) - **CCA** | Follow 8 Girls – South Pit (3) - **CCA** | Follow 7 Boys – South Pit (4) - **CCA** |
| **TRIPLE JUMP** | Follow 8 Girls – North Pit (4) – **WHEATLAND** | Follow 7 Boys – North Pit (3) –  **WHEATLAND** | Follow 8 Boys – North Pit (2) –  **WHEATLAND** | 9:00 am – North Pit (1) –  **WHEATLAND** |
| **POLE VAULT** | 9:00 am (1) –  **DOUGLAS** | 9:00 am (1) –  **DOUGLAS** | Follow 7/8 Girls (2) - | Follow 7/8 Girls (2) – |

**DMS 2400m Run Map**

****