**LA PLATA MIDDLE SCHOOL**

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#

 **Home of the Broncos!!**

TO: Track Coaches

FROM: Rose Aguilar

DATE: April 17th, 2018

RE: **LA PLATA TRACK MEET 4-26-18**

1. Scratch meeting will be at the Fox Field Storage Room on 32nd street track field at 1:30 p.m.
2. Running and Field Events will begin at 3:00 p.m
3. Each school will have (3) entries in each event.
4. Ribbons will be awarded for 6 places in the individual event and 4 places in the relays.
5. Trophies will be awarded to the first 2 teams in boys and girls division.
6. Coaches, due to the all-weather track, please be aware your team needs to have ¼” spikes.
7. We will be having a hospitality room located at the Fox Field Storage Room.
8. **Coaches please attach a team roster of your teams along with your entries.**
9. Concession Stand will be selling various items; hot dogs, hamburgers, nachos, chilidogs, pretzels, etc.
10. Register your team on runnercard.com by Wednesday April 25, 6pm.

 **Thank You!! We look forward to seeing you at our invitational!!**

Athletic Director Rose Aguilar



**Bronco Relays**

**La Plata Middle School**

**Rules and Regulation**

1. Under no circumstances will a contestant be allowed to compete in more than four events.
2. Each contestant in both grades may compete in only three field or three track events and not more than a total of four events.
3. The mile run will begin at 3:00 p.m. will all other running events beginning at 4:00 pm. Field events will begin at 3:00 p.m.
4. Any 7th or 8th grader participant shall be limited to four events in any track meet. No more than three of these events may be running events, including relays. No more than two may be 400 meters or more.
5. Scoring will be according as follows:

 Individual Scoring: 8 – 6 – 4 – 2 – 1

 Relays: 10 – 8 – 6 – 4

1. Ribbons will be awarded for six places in the individual events and four places in the relays.
2. All irregularities must be detected and reported prior to the completion of the meet and the awarding of the trophies. No change will be made after the presentation of the trophies.
3. A scratch meeting will be held at 1:30 pm.
4. Any protest or questions should be called to the attention of the director who will see that they are turned over to a protest committee who will discuss and act on them. The committee’s action will be final.
5. Rule infractions will result in forfeiture of points and ribbons.

**Additional Information on La Plata Track Meet**

1. No Coaches or players will be allowed in the Press Box. The posting of times for the coaches’ information will be posted at the Garage Doors where the scratch meeting will be held.
2. Runners are to remain in their lanes and on the triangle until they have been given their time. **Coaches please do not** **approach the finish clerk for times**. Times will be available to you from your runner and at the posting area.
3. All teams need to stay in the bleacher area, no teams will be allowed to sit in the infield area, unless they are warming up for a field event or running event. **Failure to** **do so may result in a disqualification.**
4. Please be prepared for inclement weather and bring whatever equipment to provide comfort for your team.

  FIELD EVENTS 

The field events will begin at **3:00 p.m.** In all throwing events and in the long jump, each contestant shall be given three trials. There will be no finals. A competitor will be placed according to his/her best throw or jump.

**OPEN PIT: 60 MINUTES. IT IS THE ATHLETES RESPONSIBILITY TO GET IN ALL JUMPS WITHIN THE ALLOTTED TIME FRAME. *ATHLETES WILL NOT BE ALLOWED TO DO THEIR JUMPS AFTER THE ALLOTTED TIME FRAME.***

In all field events, the contestants shall compete in a single group in each division.

In the high jump and pole vault, each contestant will be granted three trials at each height.

**HIGH JUMP: STARTING HEIGHT AND SUCCESSIVE HEIGHT**

 8th Grade Boys 4’6”, 4’8” and 1” thereafter

 8th Grade Girls 3’10”, 4’ and 1” thereafter

 7th Grade Boys 4’4”, 4’6” and 1’ thereafter

 7th Grade Girls 3’8”, 3’10” and 1” thereafter

**LONG JUMP, HIGHJUMP, DISCUS, SHOT PUT**

**3:00 – 4:30** 7th Grade Girls Long Jump

 8th Grade Girls Long Jump

 7th Grade Girls Discus **OPEN PIT**

 8th Grade Girls Discus

 7th Grade Boys Shot Put

 8th Grade Boys Shot Put

**3:00** 8th Grade Boys High Jump

 7th Grade Girls High Jump

**4:30 – 6:00** 7th Grade Girls Shot Put

 8th Grade Girls Shot Put

 7th Grade Boys Long Jump **OPEN PIT**

 8th Grade Boys Long Jump

 7th Grade Boys Discus

 8th Grade Boys Discus

**4:30** 8th Grade Girls High Jump

 7th Grade Boys High Jump

**“ALL CONTESTANTS MUST COMPLETE THEIR HIGH JUMP BEFORE 6:00 PM”**

  

LA PLATA MIDDLE SCHOOL

SCHEDULE OF EVENTS

**3:00 P.M.**

 **MILE RUN 7th& 8th Grade Girls**

 **7th & 8th Grade Boys**

 **100 M LOW HURDLES**

 **7th & 8th Grade Girls**

 **7th & 8th Grade Boys**

 **100 M DASH**

 **7th & 8th Grade Girls**

 **7th & 8th Grade Boys**

 **400 M RUN**

 **7th & 8th Grade Girls**

 **7th & 8th Grade Boys**

 **400 M RELAY**

 **7th & 8th Grade Girls**

 **7th & 8th Grade Boys**

 **800 M RUN**

 **7th & 8th Grade Girls**

 **7th & 8th Grade Boys**

 **800 M RELAY**

 **7th & 8th Grade Girls**

 **7th & 8th Grade Boys**

 **200 M DASH**

 **7th & 8th Grade Girls**

 **7th & 8th Grade Boys**

 **800 M MEDLEY RELAY**

 **7th Grade Girls**

 **7th Grade Boys**

 **1600 M MEDLEY RELAY**

 **8th Grade Girls**

 **8th Grade Boys**