Jason Hansen

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Lyman  High School

TO: Athletic Directors/High School Track Coaches

FROM: Jason Hansen – Athletic Director

DATE: April 9th, 2021

RE: LYMAN HIGH SCHOOL INVITATIONAL TRACK MEET

Lyman High School will be hosting the Lyman High School Invitational in Lyman on Friday, April 9th, 2021.  **This meet will be sanctioned by the WHSAA as a qualifying track meet.**

**START TIME:** 11:00am field events, 1:30pm running events

**This meet is on Runner Card so please register your Athletes!!**

**Schools Attending: Lyman, Mountain View, Big Piney and Farson**

**Entry Numbers:**

Each individual will be allowed (4) event entries including relay’s.

**Equipment:**

1/8 “ spikes – cement shot and discus rings – on long jump pit – one triple jump pit – one pole vault pit – one high jump pit

**Finals:**

Running Events:

All running events will be **Hand Held** timed finals.

Field Events:

All field events will be held as finals with no prelims.  Flights will be broken up into no more than 15 athletes.  In throwing events and horizontal jumps each athlete will be given 4 trials.  In vertical jumps athletes are given three attempts at each height.

Minimum Marks to receive a measurement are as follows:

**Boys Shot:  32’**

**Girls Shot:  22’**

**Boys Discus:  80’**

**Girls Discus:  60’**

**Boys Long: 15’**

**Girls Long: 11’6”**

**Weigh In: Open between 10:00 and 11am**

Each shot and discus must be weighed in and marked before it can be used in competition.  Weigh-ins for the shot and disc will be held behind the Grandstands.

Pole vaulters will be weighed in and have their poles checked in behind the Grandstands.

**Scoring**: 10-8-6-5-4-3-2-1 (8 places)

**Coaches Meeting:**

Coaches meeting will be held at the finish line at approximately 10:45am

**Appeals:**

The meet referee will be responsible for all appeals; the jury of appeals will serve only in an advisory capacity.  Members of the jury of appeals are Tom Wells, Loren Huntsman, Todd Limoges.

**Locker rooms:**

Locker rooms will be available inside the school.  Lyman high school is not responsible for lost or stolen items.  Please be sure to keep your valuables with you at all times.

**SCHEDULE OF EVENTS**

**11:00am FIELD EVENTS**

**Boys Shot (Girls to follow),**

**Boys’ Long Jump (Girls to follow),**

**Boy’s Pole Vault (Girls to follow)**

**Girls’ Discus (Boys to follow),**

**Girls’ Triple Jump (Boys to follow),**

**Girls High Jump (Boys to follow)**

*\*\*Starting heights will be determined by the event judge for the high jump and pole vault.*

**1:30pm RUNNING EVENTS (Girls followed by boys)**

**3200 M Run (mixed gender if possible)**

**4 X 800 Relay (mixed gender if possible)**

**100 M Hurdles**

**110 M Hurdles**

**100 M Dash**

**1600 M Run**

**4 X 100 M Relay**

**400 M Dash**

**300 M Hurdles**

**300 M Intermediate Hurdles**

**800 M Run**

**Sprint Medley Relay**

**200 M Dash**

**4 X 400 Relay**