

Anthony Middle School



Track Invitational 2022

Saturday, April 9, 2022

8:00 a.m. Scratch Meet

Anthony Middle School

813 6th Street

Anthony, TX 79821

Competing Schools

Anthony, Alderete, Horizon,
Estrada, Santa Teresa, Chaparral

*****Medals will be awarded for 1st, 2nd, and 3rd place. No team trophies will be awarded.**

Contact: Coach Albert Villalobos 210-941-5904, Coach Matt Montanez 915-256-5413, or AD David Rueda 915-355-3578

Entries: RunnerCard- Meet Name: **Anthony Middle School Track Invitational 2022**

RunnerCard entries will close: **Wed. April 6, 2022, at 12:00 p.m.**

Event Schedule:

7:45 Teams begin to arrive

8:00 Scratch meeting in middle school gym

8:45 First Call 100 Meter Hurdles (Girls)

8:50 First Call Field Events (Girls)

9:00 Running Events Begin – Girls

100 Meter Hurdles - Girls (30")

110 Meter Hurdles – Boys (33")

2400 Meter Run

400 Meter Relay

800 Meter Run

100 Meter Dash

800 Meter Relay

400 Meter Dash

200 Meter Dash

1600 Meter Run

1600 Meter Relay

9:00 Field Events – Boys - 3 attempts

Discus – 1K

Shot Put – 8.8 lbs.

Long Jump

Triple Jump

High Jump

11:00 Running Events Begin – Boys

2400 Meter Run

400 Meter Relay

800 Meter Run

100 Meter Dash

800 Meter Relay

400 Meter Dash

200 Meter Dash

1600 Meter Run

1600 Meter Relay

11:00 Field Events – Girls - 3 attempts

Discus – 1K

Shot Put – 8.8 lbs

Long Jump

Triple Jump

High Jump

Relays: 400 Relay

1st Exchange Judge: Santa Teresa

2nd Exchange Judge: Alderete

3rd Exchange Judge: Horizon

800 Relay

1st / 3rd Exchange Judge: Estrada

2nd Exchange Judge: Chaparral

800/1600 Relay Cut in Mark: Anthony

Field Event Assignments: Please bring your own tape measures and sticks.

Shot Put – Horizon

Discus – Estrada

Long Jump – Alderete

Triple Jump - Chaparral

High Jump – Santa Teresa

Hurdles/Blocks – Anthony/NJHS/Softball

Information:

Ms. Elizabeth Anaya, Trainer, will be on site for athlete care. All teams/athletes are asked to bring their own personal water bottles. Water will be available in the trainer's area. WATER WILL ONLY BE HANDLED BY THE TRAINER.

- **Breakfast** will be provided for coaches and workers during scratch meet.
- Coaches must direct athletes to stay in designated areas. Athletes must stay off the football field. Only those warming up for events may be on the field.
- **Restroom:** There will be a male and female restroom available outside the middle school gym
- No metal spikes allowed in the stands. (Safety 1st)
- Team canopies may be set up in your designated area of the bleachers.
- Tell your athletes to use the trash cans so we can keep the bleacher and field areas clean.
- No boom boxes or sports equipment other than those used in the meet.
- **Final call is final call.** If the athlete is not on the starting line they will be disqualified. Coaches, it is your responsibility to have them ready. Tell your athletes they need to listen for their events. They will be scratched from a running event if they do not report to the Clerk of the Course by the third and final call.
- **Athletes may participate in a total of 5 events** with a limit of 3 running events. No more than 2 running events may be over 400 meters. An athlete is permitted to enter 5 field events, but then no running events.
- **Running events** have a priority over field events, but athletes are expected to check in with the field event judge.
- **4 X 200 meter Relay** – All runners will stay in their lanes the entire race (athlete does not cut into the first lane)
- **Hurdle heights** are as follows: Boys 110 meter 33"s. Girls 100 meters 30"s.
- **Shot Put:** Girls and Boys: 4K (8.81 lbs.)
- **Discus:** Girls and Boys: 1K (2.20 lbs.)
- **High Jump:** Starting heights are 3'6" girls, and 3'8" for boys. Increments will be every 2" until only 4 jumpers remain and then the increment will be 1".
- **High Jumper must stay and complete the high jump before moving on to additional field events.** If they are in another field event, they must check in and return to the high jump until they have completed their jumps. They must then return to their other field event. If they are in a running event, they should run then immediately return to the high jump. The athlete should inform the official when they are ready to jump but this must not be more than 10 minutes

Event Tip Sheet

Shot Put: Girls 6lbs / Boys 8.8 lbs

Thrower must enter and exit through the back of the ring. The thrower must start with the shot put aligned with the side of their chin and must release it with a “pushing” motion as opposed to a “throwing” motion.

Measuring: The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stop-board nearest such mark, measured along the extended radius of the circle. The zero (0) of the tape is to be placed out in the sector where the implement landed. The tape measure is then pulled through the center of the ring and measured at the inside of the toe board. Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch.

Discus: Girls and Boys: 1K (2.20 lbs.) Thrower must enter and exit through the back of the ring.

Measuring: The measurement shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended radius of the circle. The zero (0) of the tape is to be placed out in the sector where the implement landed. The tape measure is then pulled through the center of the ring and measured at the inside of the edge of the discus ring. Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch.

Long Jump: Jumper must jump off of one foot. If two feet are used it counted as a scratch.

Measuring: Event is measured from the athlete’s chosen board. The tape measure is to be placed straight and perpendicular to the board. The reading should be taken at the edge of the board closest to the pit with the zero (0) placed at the point in the pit touched by the person or apparel of the jumper closest to the board. Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch.

Triple Jump: Triple jump includes the sequence of hop, step, jump.

Measuring: Event is measured from the athlete’s chosen board. The tape measure is to be placed straight and perpendicular to the board. The reading should be taken at the edge of the board closest to the pit with the zero (0) placed at the point in the pit touched by the person or apparel of the jumper closest to the board. Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch.

High Jump: (Starting heights are 3’6” girls, and 3’8” for boys) Jumper must jump off of one foot. Athletes are given 3 attempts at each height. Crossbar must be measured by the standards and from the center of the bar to the ground to ensure proper height. Bar is to be raised in 2” increments until four jumpers are left, then it will be raised in 1” increments. All participants are required to jump at a given height before the bar is raised (unless the jumper chooses to “pass” on a height or fails to check in within 10 minutes of their event, in which case the bar will be raised to the next height). It is considered a scratch if the jumper knocks down the bar or if the jumper touches the mat during a run through