NSI ACADEMY INVITATIONAL

@ NSI Track, Sheridan, WY

SATURDAY, APRIL 16th,2016

GENERAL INFORMATION & INSTRUCTIONS

**PARKING**

All buses can be park on the South end of the main parking lot!

**SANCTION & SCHOOL CLASSIFICATION**

**This is a Wyoming state sanctioned qualifying meet.**  The meet will be run as one-class.

**CHECK-IN & SCRATCHES**

Coach’s packets containing information, qualifying standards will be available at the press box by 9:00 a.m. Scratches should be made when packets are picked up and brought to the press box. **NO ADDITIONS.**

**TRACK WARM-UP**

The track will be available for warm-up.

**AWARDS**

T- Shirts will be awarded to the top three in each event, Medals will be awarded to relays and ribbons will be awarded for 4th-6th place.

**VALUABLES**

NSI Academy will not be responsible for any personal belongings or school items lost.

**PARTICIPATION RULES**

1. Entries are unlimited in each event.

2. The maximum number of events a contestant may enter shall be four (4).

3. We will adhere to the 2014 Track & Field Rule Book.

**ENTRIES**

Entries will be **unlimited** in each event. Please use **RUNNERCARD.com**.

Entries are due no later than **12:00 pm** on Friday, April 15th.

**SEEDING**

Athletes will be heated and seeded according to entry times. Please be as accurate as possible to be fair to all athletes. There will be no **finals**, therefore, we need your help in placing the proper athlete in the appropriate heat.

**REPORT TIME**

ALL contestants must listen for report time prior to each event. Track contestants not reporting on last call will be scratched. Report to the assigned end of the track.

**SPIKES**

1/8” pyramid spikes or running flats only.

**ALLEY STARTS**

One turn alley starts will be used for all races 800m and above.

**STARTING BLOCKS**

Starting blocks will be furnished.

**SCORING, TIMING, & FEE**

Team scores will be kept, but trophies will not be awarded. Hand held timing will be used.

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**SANCTION**: **This is a WHSAA sanctioned meet for state qualifying.**

**FIELD EVENTS** - BEGIN @ 10:00 A.M.

A. Shot & discus throwers will be placed in flights. Each thrower will complete four (4) throws and no finals.

B. Long jump and triple jump competitors (in flights) will receive four (4) attempts, with no finals.

C. In the **high jump**, each competitor will receive three (3) attempts at each height as they remain in the competition.

D. High Jump starting height will be determined by the competitors before the event begins.

**FIELD EVENTS** - BEGIN @ 10:00 A.M.

Field Events Schedule:

These events will begin @ 10:00 a.m.: These events will immediately follow:

Girls High Jump Boys High Jump

Boys Shot Put Girls Shot Put

Girls Discus Boys Discus

Boys Triple Jump Boys Long Jump

Girls Long Jump Girls Triple Jump

**RUNNING EVENTS TIME SCHEDULE**

All events will be **timed finals. GIRLS will run each race first, followed by BOYS.**

**EVENT TIME**

3200m Relay 11:00 am

100/110m Hurdles

100m Dash

1600m Run

400m Relay

400m Dash

½ Hour Lunch Break

300m Hurdles

800m Run

200m Dash

3200m Run

1600m Relay

This is a **WHSAA sanctioned meet for state qualifying.** State qualifying sheets will be placed in each team packet for those competitors that qualify at this meet.