Douglas Middle School Invitational Track Meet

**SATURDAY APRIL 21st, 2018**

**TO: Track Coaches and Activity Directors**

**TIME:** 9:00 am - Field Events and 2400m run

**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 6 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 (only top throw measured).

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

High Jump will consist of 3 attempts per height.

**THERE WILL BE NO POLE VAULT.**

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

**HIGH JUMP:** Starting Heights High Jump:

7 Girls – 3’4’’

8 Girls - 3’8’’

7 Boys – 4’0’’

8 Boys – 4’4

**HURDLE INFO**: We have eliminated the 55/75 hurdle races and will now run 100m and 200m.

Hurdle Height:

7th/8th girls = 30” (low) for the 100m & 200m.

7th boys = 33” (intermediate) for the 100m & 30” (low) in the 200m.

8th boys = 36” (high) for the 100m & 33” (intermediate) for the 200m.

**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) ***(2018 Douglas Middle School Invitational).***

**SCRATCH/ADDS:** All Scratch/Adds are due on [www.runnercard.com](http://www.runnercard.com) by 12:00 pm (noon) Friday, April 20, 2018. No further changes after that time, this includes field events on Saturday. We will **NOT** have a scratch/add meeting. All no-shows will be marked DNS.

**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) If your school prefers to work a certain event, or are uncomfortable working a certain event, please let the meet director know immediately at*** [***cjohnson@ccsd1.org***](mailto:cjohnson@ccsd1.org)***.***

**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. These locker rooms will NOT be locked and team coaches are responsible for supervising their own athletes.**

**HURDLE HEIGHT:** The girl divisions will run all hurdles at 30’’. The 7th boys will run the 100m hurdles at 33’’ and the 200m hurdles at 30’’. The 8th boys will run the 100m at 36” and the 200m at 33”.

**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 pick up trash from your teams before leaving (this was a major issue last season). 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.

**BAD WEATHER:** In case of bad weather sufficient to cause cancellation, you may call Chad Johnson/Ryan Mackey at 358-9771 (Activities Office) or 359-8966/259-8931. (Cell).

**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.
* 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 will be running in unison.
* 2 shot put pits and 2 discus rings will also run in unison this year.
* **Due to safety reasons, there will be no pole vault event at the meet.**

**FIELD EVENTS**

# ORDER OF EVENTS

**SATURDAY, APRIL 21st, 2018**

**9:00 am**

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

***\*\*\*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 triple jump pit, and one long jump pit. However, there are two high jump pits, two shot put pits, and two discus rings.\*\*\****

**RUNNING EVENTS**

**ORDER OF EVENTS**

**SATURDAY, APRIL 21st, 2018**

**9:00 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

100m Hurdle 7 boys

100m Hurdle 8 boys

100m Hurdle 7 girls

100m 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

**EVENT WORKER SCHEDULE**

**SATURDAY, APRIL 21st, 2017**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EVENT** | **7TH GRADE GIRLS** | **8TH GRADE GIRLS** | **7TH GRADE BOYS** | **8TH GRADE BOYS** |
| **SHOT PUT** | Follow 7 Boys -South (2) **TORRINGTON** | 9:00 am - North (1) **CENTENNIAL** | 9:00 am – South (1) **TORRINGTON** | Follow 8 Girls -North (2)  **CENTENNIAL** |
| **DISCUS** | 9:00 am – South (1)  **LARAMIE** | Follow 8 Boys - North (2)  **DOUGLAS** | Follow 7 Girls - South (2)  **LARAMIE** | 9:00 am – North (1)  **DOUGLAS** |
| **HIGH JUMP** | Follow 8 Girls – North Pit (2) – **DEAN MORGAN** | 9:00 am – North Pit (1) –  **DEAN MORGAN** | 9:00 am – South Pit (1) –  **BUFFALO** | Follow 7 Boys – South Pit (2) – **BUFFALO** |
| **LONG JUMP** | Follow 8 Girls – South Pit (4) – **CY** | Follow 7 Boys – South Pit (3) - **CY** | Follow 8 Boys – South Pit (2) - **GLENROCK** | 9:00 am – South Pit (1) – **GLENROCK** |
| **TRIPLE JUMP** | 9:00 am – North Pit (1) – **TWIN SPRUCE** | Follow 7 Girls – North Pit (2) –  **TWIN SPRUCE** | Follow 8 Girls – North Pit (3) –  **WHEATLAND** | Follow 7 Boys – North Pit (4) –  **WHEATLAND** |

**DMS 2400m Run Map**

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