## GLENROCK MIDDLE SCHOOL

### P.O. Box 1300

645 South 3rd Street

Glenrock, Wyoming 82637

Dear Coaches,

The Glenrock Middle School Invitational Track and Field Meet for Seventh and Eighth Grade Boys and Girls will be held on Saturday, May 7, 2016, at the Henderson Activities Complex located at Glenrock High School. There will be only one division for each grade level. **Entries must be posted on Runnercard by Friday, May 6th, 2016 at 6:00pm.**

#### **Entries**

Each school will be allowed up to 8 contestants in some events, 6 in others, and distance races are unlimited in each division and (2) relay teams per division. Contestants may compete in a maximum of four (4) events.

#### **Scores and Awards**

There will be no team score recorded. Ribbons will be awarded to the top eight (8) places for individual events and top four (4) places for relays. Ribbons and results will be mailed out the week after the meet.

#### **Runways, Rings, and Track**

The shot put and discus ring are cement. No longer than 1/8” spikes will be allowed on the track and runways. We will provide starting blocks and the competition shot and discus if needed.

#### **Scratch Meeting**

Scratches for events will be done at 8:00 A.M. in the high school conference room. Please try to take care of this by Friday at 6pm on Runnercard. That way the only changes on Saturday are due to athletes not making the trip. Donuts and Coffee will be available.

**In case of inclement weather we will call you in advance if possible, or you may call Margaret Farley 307-436-7499 (School).**

#### **Team Camps**

All team camps must be set up in the stands. When the meet begins, all spectators, and participants that are not directly involved, must be in the stands.

#### **Field Events**

We will not run finals in the field events. Each participant will have three (3) jumps or throws. The Shot Put and Discus will throw all 3 at one time. Discus will be an open ring to all throwers for 2 hours. 2 practices and 3 throws. Girls from 9-11am and Boys from 11am-1pm.

**Workers**

Each school will be asked to provide coaches to work events during the meet.

We will need timers and clipboard operators for the High Jump, Discus, and Boys LJ/TJ pit. Please contact us as to which event you can help with.

**GLENROCK MIDDLE SCHOOL INVITATIONAL TRACK MEET**

**May 7, 2016**

**SCHEDULE OF EVENTS**

**8:00 AM SCRATCH MEETING (HS CONFERENCE ROOM)**

**9:00 AM FIELD EVENTS**

**SHOT PUT** (Boys 7th, then 8th, Girls to follow, same order)

**DISCUS** (Girls Open Ring 9-11am, Boys Open Ring 11am-1pm)

**TRIPLE JUMP** (Boys 8th, then 7th, Boys Longto follow) SE Pit

**LONG JUMP** (Girls 8th, then 7th, Girls Triple to follow) NW Pit

**HIGH JUMP** (Girls 7th, then 8th, Boys to follow, same order)

**POLE VAULT** (Girls 7/8 Combined, Boys to follow)

**RUNNING EVENTS- ORDER AS FOLLOWS:**

**7TH GIRLS, 8TH GIRLS, 7TH BOYS,8TH BOYS**

**All running events will be run against times.**

**10:30 AM 1600 m Run**

**11:00 AM 55m LH-Girls- 7th then 8th**

**75m LH-7th Boys**

**75m IH-8th Boys**

**100M Dash**

**400 M Dash**

**4 x 100 Relay**

**800 M Run**

**Sprint Medley Relay(100,100,200,400)**

**200 M Low Hurdles**

**200 M Dash**

**4 x 400 Relay**

**Events will follow one after the other without a specific time schedule. Be sure athletes listen for calls to events.**