

Mountain West Invitational Track and Field Meet Saturday May 4, 2013 - 9:30am		
Sessions:	Mountain Top Field – Lead, SD This will be a one session meet. Field events and the 3200m run will begin at 9:30, with all other running events starting at 10:30. Mountain Top Field is located behind Lead- Deadwood High School.	
Coaches Meeting:	All coaches should attend the scratch meeting at 9:00am at the equipment shed next to the track. Scratches Only! Implement weigh-ins will take place starting at 8:45 in the equipment shed.	
Fees:	(\$40.00 Girls' and \$40.00 Boys') \$80.00 for both boys and girls.	
Awards:	Medals will be given to 1-6 placers in individual events and place 1-4 in relays.	
Scoring:	Team points will be kept for boys and girls divisions. Six places will be scored (10-8-6-4-2-1).	
Entries:	SOUTH DAKOTA SCHOOLS: Entries MUST be entered utilizing ONE of the following: 1) use the Electronic Entries via Excel File at the SDHSAA Website School Zone – www.sdhsaa.com OUT OF STATE SCHOOLS: YOU MUST USE THE ATTACHED SPREAD SHEET. Please send entries to Ron Erion at rerion@gmail.com by 6:00 PM Thursday, May 2nd. Entry limits: 4 events per individual 3 school entrants per event 1 relay per school	
Sanction:	This meet is sanctioned by the SDHSAA, WHSAA, and the NFHS as a state qualifying meet.	
Weather/Cancellation:	A call will be made prior to Friday night regarding postponement due to weather. Please communicate proper contact information with your entry, especially if your coaches will be out of town that Friday (Howard Wood).	
Notes:	All weather surface track, 3/16" pyramid spikes allowed. All timing will be handheld.	
	Weights: Disc Boys: 3.52, Girls: 2,21; Shot Boys: 12.0, Girls: 8.81	
	Starting heights: Pole Vault Boys: 8'6", Girls: 6'0" High Jump Boys: 5'2", Girls 4'2"	
	Please keep team camps off the infield. Camps should be located around the track.	



Mountain West Invitational Track and Field Meet Field Events

9:30am

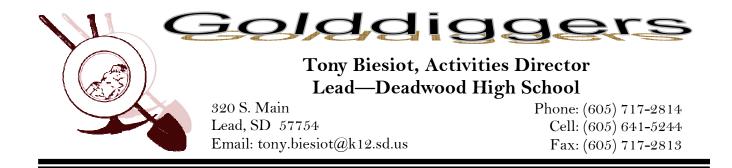
Girls High Jump followed by Boys High Jump (east end) Boys Shot Put followed by Girls Shot Put Boys Pole Vault followed by Girls Pole Vault Girls Discus followed by Boys Discus Boys Long Jump followed by Girls Long Jump (inside pit) FOLLOWING COMPLETION OF LONG JUMP

Girls Triple Jump AND Boys Triple Jump (on outside pit)

	Running Events (Rolling schedule)	
<u>9:30am</u>	Girls 3200m run	
	Boys 3200m run	
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<u>10:30am</u>	Girls 100m hurdles	
	Boys 110m hurdles	
	Girls 3200m relay	
	Girls 100m dash	
	Boys 100m dash	
	Boys 3200m relay	
	Girls 800m relay	
	Boys 800m relay	
	Girls 1600m run	
	Boys 1600m run	
	Girls 400m relay	
	Boys 400m relay	
	Girls 400m dash	
	Boys 400m dash	
	Girls 300m hurdles	
	Boys 300m hurdles	
	Girls 1600m medley relay	
	Boys 1600m medley relay	
	Girls 800m run	
	Boys 800m run	
	Girls 200m dash	
	Boys 200m dash	
	Girls 1600m relay	
	Boys 1600m relay	
**All Events are timed Finals!!!		

Scratch meeting
9:00am
Weigh in at
8:45am Weights

Sam Weights Disc Boys 3.52, Girls 2.21 shot Boys 12.0, girls 8.81





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