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

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

Entries: RunnerCard- Meet Name**: Anthony Middle School Wildcat Invitational 2024**

 RunnerCard entries will close: Thurs. April 11, 2024, at 2:00 p.m.

**Event Schedule:**

**7:45** Teams begin to arrive.

**8:00** Scratch meeting in middle school gym

**8:45** First Call 110 Meter Hurdles (Boys)

**8:50** First Call Field Events (Boys)

**9:00 Running Events Begin – Girls** **9:00 Field Events – Boys - 3 attempts**

 **110 Meter Hurdles - Boys (33”)** Discus – 7th boys, 8th boys **1K**

 **100 Meter Hurdles – Girls (30”)** Shot Put – 8th boys, 7th boys **8.8 lbs.**

 2400 Meter Run Long Jump – 7th boys, 8th boys

 400 Meter Relay Triple Jump – 8th boys, 7th boys

 800 Meter Run High Jump – 7th boys), 8th boys (3’8)

 100 Meter Dash

 800 Meter Relay (runners stay in their lane)

 400 Meter Dash

 200 Meter Dash

 1600 Meter Run

 1600 Meter Relay

**11:00 Running Events Begin – Boys 11:00 Field Events – Girls - 3 attempts**

 2400 Meter Run Discus – 8th girls, 7th girls **1K**

 400 Meter Relay Shot Put – 7th girls, 8th girls **6 lbs**

 800 Meter Run Long Jump – 7th girls, 8th girls

 100 Meter Dash Triple Jump – 8th girls, 7th girls

 800 Meter Relay (runners stay in lane) High Jump – 7th girls, 8th girls (3’6)

 400 Meter Dash

 200 Meter Dash

 1600 Meter Run

 1600 Meter Relay

**Relays: 400 Relay 800 Relay**

 **1st Exchange Judge**: Santa Teresa **1st / 3rd Exchange Judge:** Estrada

 **2nd Exchange Judge**: GEMS **2nd Exchange Judge**: Chaparral

 **3rd Exchange Judge**: Horizon **800/1600 Relay Cut in Mark**: Anthony

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

**Shot Put –** Estrada **Triple Jump -** Chaparral

**Discus –** GEMS **High Jump –** Alderete

**Long Jump –** Santa Teresa **Hurdles/Blocks –** Anthony/Horizon/NJHS

***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**: Boys: 8.8 Lbs. Girls: 6 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