**ERIC STONEKING TRACK INVITATIONAL Saturday April 23, 2016**

Hosted by Twin Spruce Junior High

Meet Directors: Nick Ryan & Eric Stoneking

Field Events Start at 8:00 a.m. Running Events Start at 10:30 a.m.

The Annual Gillette Indoor Track & Field Meet for sixth, seventh and eighth grade boys and girls will be held on Saturday, April 23, 2015 at Campbell County High School North Campus. The meet will be divided into boys and girls divisions with separate sections for sixth, seventh and eighth graders.

ENTRIES AND ENTRY FORM

Each school will be allowed two relay teams per event in each section or division. This means each team will potentially be able to have two relay teams in 6th grade girls, two relay teams in 6th grade boys, two relay teams in 7th grade girls, two relay teams in 7th grade boys, two relay teams in 8th grade girls and two relay teams in 8th grade boys for each event. ***Contestants may compete in a maximum of four (4) events.* The meet will be a runnercard meet and each team’s participating athletes will need to be registered at runnercard.com BEFORE the meet. If the athletes are not registered ahead of time they will not compete.** If you have problems, contact Twin Spruce Head Track Coach Eric Stoneking – 307-682-3144 or estoneking@ccsd.k12.wy.us. You can also contact Nick Ryan at 307-682-3144.

AWARDS AND SCORING

No awards will be given. No team scores will be kept.

HOSPITALITY ROOM: A hospitality room will be provided, more information will be available the day of the meet.

TEAMS: Dean Morgan, CY, Centennial, Sage Valley, Twin Spruce, Sheridan and Buffalo.

SPECIAL NOTES

1. All events are final. NO PRELIMS.

2. **We will need help! Please have workers ready to work at assigned events**. We would appreciate coaches who are available to help move and set hurdles.

3. Please listen to the P.A. Events will follow one after the other.

4. There will be THREE (3) jumps/throws for long jump, triple jump, discus, pole vault and shot put.

5. Olympic starts - one false start is a disqualification.

6. Coaches and workers only in the press box.

7. All hurdles will be 30”

8. Starting heights for high jump will be:

6 girls- 3'4"

7 girls- 3’6”

8 girls- 3’10”

6 boys- 3’10”

7 boys- 4’2”

8 boys- 4’6”

10. Uniforms: Section 3 - Uniforms: Art l: The track and field uniform consist of a school issued jersey and shorts, which are not objectionable to the referee, and shoes which may be supplied by the contestant. Any other visible apparel must be of a single color and worn under the uniform jersey or shorts. Undergarments worn under the jersey or shorts do not have to be the same color as uniform. Shorts must be worn at waist level.

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ORDER OF EVENTS

Field Events

8:00 a.m. - Field events begin and run until finished. This is an order only - times will be announced from the

P.A. The first section listed below will be the first group to compete.

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| Shot Put—2rings so they can go at the same time | Long Jump |  | Triple Jump | Pole Vault |  | High Jump- 2pits so they can go at the same time | Discus |
| Boys | Girls | Boys | Girls | Girls | Boys | Girls | Boys | Boys | Girls | Boys | Girls |
| 6 | 6 | 8 |  | 8 | 7 | 7 | 6 |  | 6 | 6 | 6 |

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| 8 | 8 | 6 |  | 6 | 8 | 8 | 8 |  | 8 | 7 | 7 |

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Track Events

Start at 10:30 a.m. and run to conclusion. .

All times are approximate - listen for calls on the P.A. If field events finish ahead of schedule, track events may begin sooner. All events are finals.

EVENT

100m hurdle relay

4x800m relay

4x100m relay

4x100m relay weight man

Coed 4x100m relay

DIS MED 2248

4x200m relay

SPR. MED relay 1124

4x400m relay

High Jump

Long Jump

Triple Jump

Shot Put

Discus

Pole Vault