**SAGE VALLEY TRACK INVITATIONAL**

**May 6, 2017**

Hosted by Sage Valley Jr. High

Meet Director: Mike Daniel, AD

Field Events Start at 8:00 A.M.

Running Events Start at 9:30 A.M.

The annual Sage Valley Track & Field Invite for 6-7-8 boys and girls will be held on Saturday, May 6, 2017 at the Campbell County High School Track. The meet will be divided into boys and girls divisions with separate sections for 6-7-8 graders.

**ENTRIES AND ENTRY FORM:**

***Each team gets 6 entries and 2 relay teams max.* Signup your team on** [**www.runnercard.com**](http://www.runnercard.com) **before 5:00p.m on May 4th. Please register your team by your school name (ex. Sage Valley not SV or Wright Panthers, not Panthers).** Coaches **MUST** enter times for their athletes to help mix up the heat races better. Go to <http://www.runnercard.com> and if you don’t have an account, click on the Create Account Link (right side). If you already have an account, log in and register as you have in the past. Follow the prompts on the screen. If you run into any problems, click the Runnercard “Help” menu. If you still have problems, contact Sage Valley Head Track Coach Dewain Myers – 682-2225 or [dmyers@ccsd.k12.wyus](mailto:dmyers@ccsd.k12.wyus). We will not print results at the meet for the schools. Your results will be available on Runnercard. **RUNNERCARD Password: ­­­­­­jh2017.**

**AWARDS AND SCORING:**

Ribbons will be awarded for first (1st) – sixth (6th) place.

**RUNWAYS, RINGS & TRACK:**

No Spikes will be allowed on the rings. No one will be allowed on the track and/or runways unless he/she has 1/8" pyramid spikes or running flats. We will provide starting blocks for competition only.

**SCRATCH MEETING:**

Make sure that your entries are correct when you submit them. You will not be able to add, but you will be able to scratch. The scratch meeting for running events will be done from 7:00 – 7:30 in the “crow’s nest” at the track. **No scratches for running events will be allowed after 7:30. Field events scratch will be done at the event areas at check-in time.**

**ENTRY FEES:**

An entry fee of $50.00 per school is to be paid to Sage Valley by voucher at the scratch meeting, bring your voucher, PO number, check or cash.

**CONCESSION STAND:**

A concession stand will be provided during the meet.

**HOSPITALITY ROOM:**

A Hospitality room for coaches and workers (only) will be available in Crow’s Nest.

**PARKING:**

Parking is available east of the track field.

**SPECIAL NOTES**

1. All events are final – No Prelims
2. Starts: 800, 1600, 3200 will use a 1 or 2 turn alley (dependent on number of entries) unlimited entries in 800, 1600, and 3200.
3. 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.
4. Order times are plus or minus – please listen to the P.A. Events will follow one after the other.
5. There will be three (3) jumps/throws from long jump, triple jump, shot put, and discus. There will be three (3) attempts without finals. Attempts that are short of the required distance will not be measured.
6. Olympic starts – one false start is disqualification.
7. Coaches and workers only in the press box. Times, distances, and heights will be posted on press box windows.
8. 100 Meter hurdles – 12 meters to first hurdle, and 8.5 meters between hurdles. Sixth, seventh, eighth girls 30". Sixth boys 30", seventh boys 33", eighth boys 36".
9. 200 hurdles are the last 5 hurdles of the high school 300 Meter hurdles. All hurdles will be 30" except eighth boys will be 33".
10. Please list your jumper’s best height in high jump and pole vault. Starting heights for high jump will be:

6-7-8 girls – 3'10"

6 boys – 3'10"

7 boys – 4'2"

8 boys – 4'8"

1. Please list actual/realistic times to seed runners of all running events.
2. In case of inclement weather, we will call you in advance if possible, or you may call:

Mike Daniel, Sage Valley AD – [mdaniel@ccsd.k12.wy.us](mailto:mdaniel@ccsd.k12.wy.us), 307-682-2225 or cell at

307-689-0132.

Best of luck to all participants and see you on Saturday, May 6th!

**SAGE VALLEY TRACK INVITATIONAL**

**ORDER OR EVENTS**

**FIELD EVENTS:**

8:00A.M. – Field events begin and run until finished. This is the order only – times will be announced from the P.A. Two areas will be used for each event, except the pole vault. The first section listed below will be the first group to compete.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Shot Put** | | **Discus** | | **Long Jump** | | **Triple Jump** | | **Pole Vault** | | **High Jump** | |
| Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls |
| 6 | 6 | 8 | 8 | 8 | 8 | 7 | 7 | 6 | 6 | 8 | 8 |
| 7 | 7 | 6 | 6 | 7 | 7 | 6 | 6 | 7 | 7 | 6 | 6 |
| 8 | 8 | 7 | 7 | 6 | 6 | 8 | 8 | 8 | 8 | 7 | 7 |

**TRACK EVENTS:**

Start at 9:30 A.M. and run to conclusion. All times are approximate – listen for calls on the P.A. All events are finals.

**EVENT:**

3200 Run

100 Meter Hurdles

100 Meter Dash

800 Meter Dash

200 Meter Dash

800 Medley Relay

400 Meter Dash

4x100 Relay

1600 Meter Run

200 Meter Hurdles

4x400 Relay

ORDER OF ALL RUNNING EVENTS EXCEPT 100M DASH 100M DASH ORDER

100 hurdles 200 hurdles 6th grade girls

6th grade girls 30” 30” 7th grade girls

7th grade girls 30" 30" 8th grade girls

8th grade girls 30" 30” 6th grade boys

6th grade boys 30” 30” 7th grade boys

7th grade boys 33" 30" 8th grade boys

8th grade boys 36" 33"