



Grizzly Invitational HS Track & Field Meet Friday May 3, 2019

Location: Rock Hills High School Track: 710 E. Madison Mankato, KS 66956

Schools Attending: St. Johns, Southern Cloud, Smith Center, Northern Valley, Lakeside, Rock Hills, Republic Co., Tipton, Thunder Ridge, Pike Valley, Washington Co., Linn, Hanover, Stockton, Palco, Logan

Entries Due: Thursday May 2nd at 4:00 pm. We will be using athletic.net for our online entries. See the attached instruction sheet to guide you through the process if you are unfamiliar with this site.

Entry Fee: \$120.00 per school (payable to Rock Hills High School, mailing address 109 E. Main Street Mankato KS 66956)

Scoring: 10 – 8 – 6 – 4 – 2 – 1

Entrants: Three participants per event, per school. One relay team per race, per school. Preliminaries will be held in 100, 200 and the short hurdle races. Jumpers and throwers will receive 4 throws or jumps with no finals (with the exception of high jump and pole vault).

Starting Times: Coaches Meeting at 2:20 pm in the High School Commons

First call for field events – 2:45 pm

Field events start – 3:00 pm (**POLE VAULT STARTING @ 2:30**)

Preliminaries start/Finals to follow – 4:30 pm

*Could be run just as finals if need be- will decide at coaches meeting

Surfaces: Rubber surface on track, long jump, triple jump, and high jump areas. Concrete in the shot put and discus areas. Grass runway for Javelin.

Awards: Medals will be awarded to the first three places in each event and all relays. Plaques will be awarded for the 1st and 2nd place boy's and girl's teams at the completion of the meet. Coaches may pick up their team's medals and meet results after the meet in the Press Box.

Team camps: Please have your team camps on the outside of the track. PLEASE, no team camps on the inside of the track.

Concessions: There will be a concession stand available at the South east side of the Track.

General Information: KSHSAA rules will be followed. Be sure that entries are in on time and that a time, distance, or height is recorded by each entry so we can get them properly processed. Substitutions or scratches can be made at the Coaches Meeting - NO ADDITIONS. At the end of the Track Meet, PLEASE HAVE YOUR TEAMS HELP CLEAN THE AREAS AROUND THEIR CAMPS.

Should you have questions or concerns, please call me (785) 378-7068 or e-mail me jluedke@usd107.org. We look forward to seeing you at the meet.

Grizzly Invitational Track & Field Meet Order of Events

2:30 – POLE VAULT EARLY START (Boys followed by Girls)

3:00 FIELD EVENTS:

Boys Shot Put North Ring
Girls Shot Put South Ring
Boys Discus North Ring
Girls Discus South Ring
Boys Javelin North Approach
Girls Javelin South Approach
Girls Long Jump (North Pit)
Boys Long Jump (Northeast Pit)
Girls Triple Jump (Southeast Pit) followed by Boys Triple Jump
Girls High Jump (West Pit)
Boys High Jump (East Pit)

4:30 TRACK EVENT

Girls 100 M Hurdles
Boys 110 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 200 M Dash
Boys 200 M Dash

TRACK EVENT Finals:

Girls 4x800 M Relay
Boys 4x800 M Relay
Girls 100 M Hurdles
Boys 110 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 1600 M Run
Boys 1600 M Run
Girls 4 x 100 M Relay
Boys 4 x 100 M Relay
Girls 400 M Dash
Boys 400 M Dash
Girls 300 M Hurdles
Boys 300 IM Hurdles
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash
Boys 200 M Dash
Girls 3200 M Run
Boys 3200 M Run
Girls 4 x 400 M Relay
Boys 4 x 400 M Relay