



## **Grizzly Invitational HS Track & Field Meet Friday May 7, 2021**

**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 6<sup>th</sup> at 1:00 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. All races will be finals. 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**)

Running events start – 4:30 pm

**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 1<sup>st</sup> and 2<sup>nd</sup> 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 limited concession stand available

**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. Scratches only can be made at the Coaches Meeting - NO ADDITIONS or SUBSTITUTIONS. At the end of the Track Meet, Please have your teams clean their camp areas following the meet.

Should you have questions or concerns, please call me (785) 378-3126 (office) 785-545-5457 (cell) or e-mail me smeyers@usd107.org. We look forward to seeing you at the meet.

Sam Meyers Principal/AD

## **Grizzly Invitational Track & Field Meet Order of Events**

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

**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 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