

Washington County Invitational

Field Events: 1:00 PM

Tuesday, April 27, 2021

Prelims: 3:00 PM

Order of Field Events:

1:00 PM Girls Javelin (North of School)
Boys Javelin (South of School)
Girls Pole Vault followed by Boys Pole Vault
Boys High Jump followed by Girls
Boys Long Jump followed by Boys Triple Jump
Girls Long Jump followed by Girls Triple Jump
Boys Discus (South Ring)
Girls Discus (North Ring)
Girls Shot (South Ring)
Boys Shot (North Ring)
(4 throws or jumps)

3:00 - Preliminaries as needed: (qualify 8 for finals using the same method as in the regional meet)

Girls' 100 Meter Hurdles followed by Boys' 110 Meter Hurdles
Girls' 100 Meter Dash followed by Boys' 100 Meter Dash
Girls' 200 Meter Dash..... followed by Boys' 200 Meter Dash
Girls' 4x800 M Relay followed by Boys' 4x800 M Relay

Finals will begin 30 minutes after the completion of the 4x800 relays:

Girls' 100 Meter Hurdles followed by Boys' 110 Meter Hurdles
Girls' 100 Meter Dash followed by Boys' 100 Meter Dash
Girls' 1600 M Run..... followed by Boys' 1600 M Run
Girls' 400 M Relay followed by Boys' 400 M Relay
Girls' 400 M Dash..... followed by Boys' 400 M Dash
Girls' 300 Meter Hurdles followed by Boys' 300 Meter Hurdles
Girls' 800 M Run..... followed by Boys' 800 M Run
Girls' 200 Meter Dash..... followed by Boys' 200 Meter Dash
Girls' 3200 M Run..... followed by Boys' 3200 M Run
Girls' 4x400 M Relay followed by Boys' 4x400 M Relay

Entries: Each school may enter 3 in the individual events and one relay. If you have a 4th individual you would like to enter please do so. We will eliminate (starting with the worst mark or time) 4th participants until we reach the maximum number of 32 per event. Please have use www.Athletic.net to make your entries. (Instruction sheet is included. Entries should be made by **Monday April 26. (Entries will be closed at 8:00 PM on Monday April 26).** You may make substitutions and scratches at in the press box prior to the preliminaries.

Coaches meeting can pick up packet when they arrive. Please bring your changes to the press box by 1:30 PM.

Entry fee: As stated on the contract: **Entry fee is \$55.00 for Girls & \$55.00 for Boys.**

Medals: Medals will be awarded for the first 6 individual places and the first 3 relays
Medals will be placed in packets and given to the coaches following the meet.

Results: Results will be available following the meet at the press box and will emailed that evening.

Shoes: The track is rubberized. Maximum spike length: ¼" (preferred: 3/16"). **Please bring markers other than tape for the jumps.**

The pole vault, long jump, and high jump are approaches are also rubberized and require the same short spikes. The javelin approach is grass. The shot and discus rings are cement.

Heats: In the running events without preliminaries, we will place the faster runners in the last heat.

Teams: Axtell, Blue Valley, Centralia, Clifton-Clyde, Hanover, Linn, Onaga, Pike Valley, Republic County, Valley Heights, Wakefield and Washington County

Scoring: **10-8-6-4-3-2-1 and 10-8-6-4-3-2-1 (7 or more teams: scoring 7 places)**