

# Newkirk Invitational Track Meet

High School: Thursday, April 18<sup>th</sup> 2019

**Head Track Coach / Athletics Director:** Graham Snelding

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## **WE HAVE a NEW Track!!!:**

We have a new 7 lane polyurethane track

## **Entry Fee: High School Division**

\$75.00 entry for each boys and girls teams or \$10.00 per athlete for 4 or fewer participants

**High School Division:** Coaches meeting 3:00 p.m. in the hospitality room at the West end of the stadium. First calls will be made at 3:15 with field events to start at 3:30 and running events at 3:45.

**Limitations:** Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.

**Medals/Trophies:** Medals will be awarded to the top 5 places No team plaques will be given.

**Team Points:** Individual scoring will apply: 10-8-6-4-2-1 Relay scoring will apply: 20-16-12-8-4-2.

**Equipment:** 3/16 inch spikes or smaller required. Newkirk Schools will provide starting blocks.

Please no tape on the running surface or no footballs, or throwing implements on field.

**Hospitality Room:** A coaches Hospitality room will be set-up throughout the Meet.

**RSVP:** Please call in advance of the meet if you know you are coming. There is no limit on teams but would like a headcount for hospitality and a number in the event of weather.

**Parking:** All buses will park on the East Side of the Football Field and North Side of the Practice Field

**OSSAA rules will apply**

# Newkirk High School

Track Meet (4-18-2019)

## Order of Events

3:00 Coaches Meeting - This will be held in the Weightroom Located on the North East Corner of the Football Field

3:30 Field Events - Each Participant will be awarded (3) attempts in the Long Jump, Shot Put, and Discus Throw. (No Finals)

High Jump                      HSB - HSG

Long Jump                      HSG - HSB

Discus                          HSG - HSB

Shot Put                        HSB - HSG

Pole Vault                      HSB - HSG

3:45 Running Events - (Timed Finals)

3200 Relay                      HSG - HSB

400 Relay                        HSG - HSB

100 Hurdles                    HSG

110 Hurdles                    HSB

3200 Run                        HSG

800 Relay                        HSG - HSB

800 Run                         HSG - HSB

100 Dash                        HSG - HSB

3200 Run                        HSB

400 Dash                        HSG - HSB

300 Hurdles                    HSG - HSB

200 Dash                        HSG - HSB

1600 Run                        HSG - HSB

1600 Relay                      HSG - HSB