

SNOWFLAKE HIGH SCHOOL TRACK AND FIELD INVITATIONAL

Date: Friday, May 4th, 2012

Time: 10:45 a.m. Pole vault weigh in
11:00 a.m. Coaches Meeting
Pole vault warm ups/run through
11:30 p.m. Begin other field events
12:00 p.m. Begin running events

- § Medals for the first 4 places – team champion and runner-up plaques.
- § Entry fee \$250 for boys and girls teams together.
- § Shots and Discs weigh-ins at 11:00 a.m.
- § Pole vaulters to be weighed and verified at 10:45 a.m.
- § 34.92 sector will be used for discus.
- § You may enter four (4) athletes per event.
- § No Prelims – Heats will be arranged from slow to fast.
- § Shot Put, Discus, Long Jump and Triple Jump – 4 throws – 4 jumps
- § Long jump and triple jump 1 ½ hr. open pit
- § F.A.T.
- § Distance runners will need stickers with full name and school. We will provide stickers or you can save time and fill them out early.
- § 1/4" spikes only.
- § 3-turn stagger on 4 x 400m relay.
- § Entries must be made on **Athletic.net** by **8:00 p.m.** on **Thursday, May 3rd**.

TRIBUTE TO SENIORS

Since this is the last meet of the season we would like to pay a little tribute to your seniors. If you can supply us with the names of those seniors who will be participating in the meet we will read their names and let all of the seniors do a final lap together. You can bring the list of names with you to the coaches meeting, however, please make sure it is legible and complete. We don't want to miss anyone. We would encourage you to stay to the end of the meet so we can recognize your senior athletes.

- § For further information please call Coach Adams at 928-243-2728.
- § Please R.S.V.P to Athletic Director at 928-536-4156.

ORDER OF EVENTS

10:45 a.m. Pole Vault weigh-ins

11:00 a.m. Coaches Meeting

Pole vault warm ups/run through

Implement Weigh-ins

11:30 a.m. Boys Pole Vault followed by girls

Boys and girls long jump (1 ½ hr. open pit)

Boys Discus (including finals)

Girls Shot Put (including finals)

Girls High jump

11:30 p.m. 3200m Relay girls / boys

12:00 – 2:30 p.m.

Girls 100m High Hurdles (finals)

Boys 110m High Hurdles (finals)

Girls 100m Dash (finals)

Boys 100m Dash (finals)

Girls 1600m Run

Boys 1600m Run

Girls 4 x 100m relay

Boys 4 x 100 m relay

Girls 400m Dash (finals)

Boys 400m Dash (finals)

BREAK (30 minutes)

3:00 p.m. – 6:00 p.m.

Girls Discus (including finals)

Boys Shot Put (including finals)

Boys High Jump

Boys and girls Triple Jump – (1 ½ hr. open pit)

Girls 300m Intermediate Hurdles (finals)

Boys 300m Intermediate Hurdles (finals)

Girls 800m Run

Boys 800m Run

Girls 200m Dash (finals)

Boys 200m Dash (finals)

: Girls 3200m Run

Boys 3200m Run

Girls 1600m relay

Boys 1600m Relay

Tribute to seniors