



CONWAY SPRINGS MIDDLE SCHOOL

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CONWAY SPRINGS *MIDDLE SCHOOL* TRACK MEET Monday, April 30, 2018

Teams Competing: Chaparral, Cheney, Colwich, Conway Springs, Douglass,
& Garden Plain.

Entry Fee: \$125.00 per school

Bus Parking: Buses may be parked in the high school parking lot and on the east side of Highland Street. Please do not park along the east fence at the track facility.

Starter: Greg Rosenhagen

Schedule: 1:00 – Coaches meeting in red shed at southwest corner of track
1:30 – Field Events Begin
2:00 – 3200M Run
4:00 – Running Events Begin ***NO PRELIMINARIES!***
(might be altered due to field events)

Field Events: Contestants will be given three (3) attempts in throwing and jumping events (long jump, triple jump, shot put, discus) ***NO FINALS!***

Suggested starting Heights:	<u>7th B</u>	<u>7th G</u>	<u>8th B</u>	<u>8th G</u>
High Jump:	4' 0"	3' 6"	4' 2"	3' 8"
Pole Vault:	5' 6"	5' 6"	6' 0"	5' 6"

NOTE: The high jump bar will be raised in 2" increments until 6 competitors remain. It will then be raised 1" at a time. The pole vault will be raised in 6" increments throughout. We will use the "Four-Alive" in the pole vault and high jump.

Divisions: The following divisions will compete separately: 7G, 7B, 8G, 8B

Forms/Cards: Pole vault verification forms should be turned in at the coaches meeting.

- Throwing Areas:** The shot put and discus events will be held at the football practice field which is a short walking distance directly north of the high school.
- Track/Runways:** ¼” spikes may be used on the track and runways.
- Scoring:** 10-8-6-4-2-1 (both individual and relay)
- Concessions:** Will be available from Project Prom.
- Football Field:** Field event implements, footballs, glass containers, etc. will not be allowed on or inside the track. The field should only be used for athletes warming up and for coaches. Please assist with keeping only those athletes who are preparing to compete inside the track.
- Awards:** Medals will be awarded to the top five finishers in each individual event and to the top three finishers in each relay.
- Entries:** Three (3) contestants per event per school. One (1) relay team per relay event per school. We will be using Direct Athletics for entries this year. The meet is listed as Conway Springs Middle School Meet and is open from now until Monday, April 30 at 8:00 am.

Only substitutions and scratches will be allowed at the scratch/coaches meeting. There will be NO ADDITIONS and no changes made regarding revised times and distances. Scratch sheets will need to be turned in at the coaches meeting.

ORDER OF EVENTS

1:00 COACHES MEETING-RED SHED/SW CORNER OF FIELD

1:30 FIELD EVENTS START

SHOT PUT 7TH BOYS, 8TH BOYS (North Ring)

7TH GIRLS, 8TH GIRLS (South Ring)

DISCUS 8TH BOYS, 7TH BOYS (North Ring)

8TH GIRLS, 7TH GIRLS (South Ring)

LONG JUMP 7TH BOYS, 8TH BOYS, 7TH GIRLS, 8TH GIRLS

TRIPLE JUMP 7TH GIRLS, 8TH GIRLS, 7TH BOYS, 8TH BOYS

HIGH JUMP 8TH BOYS, 7TH BOYS (WEST)

8TH GIRLS, 7TH GIRLS (EAST)

POLE VAULT (7th Girls, 8th Girls, 7th Boys, 8th Boys) (North end)

2:00 3200M RUN 8th Boys, 8th Girls, 7th Boys, 7th Girls

RUNNING EVENTS

4:00 (approximate time) 75M HURDLES

100M DASH

1600M RUN

400M RELAY

400M DASH

ORDER FOR THE DIVISIONS IS AS FOLLOWS:

800M RELAY 7TH GIRLS

800M RUN 7TH BOYS

200M HURDLES 8TH GIRLS

200M DASH 8TH BOYS

1600M RELAY