

THE INDEPENDENT MIDDLE SCHOOL INVITATION

TRACK MEET

March 30, 2017

1:00 P.M.

INDEPENDENT SCHOOL

GENERAL INFORMATION

ENTRY DUE DATE: Please enter into Direct Athletics by Wednesday, March 29th. Due to the program we are using scratches and adds must be received by 10:00 AM day of the meet. You cannot add a different participant unless one already exists.

ENTRY FEE: \$65.00 per school

DIVISIONS: 7th Girls. 8th Girls. 7th Boys. 8th Boys.

Each team will be allowed **three entries in both running and field events EXCEPT the horizontal jumps due to two pits. (2 only)**

NO PRELIMINARIES

Please list all running entries with top times first along with time. This will allow us to heat the running events. **If you do not put down a time, then expect them to be mixed up.** Please do your best to estimate an accurate time.

No preliminaries in the field events. Each contestant in the shot put, long jump, and discus will be allowed three tries.

SCORING AND AWARDS: Scoring 10 - 8 - 6 - 4 - 2 - 1
Relays 10 - 8 - 6 - 4 - 2

DRESSING: No dressing facilities available; please have participants dress before you arrive.

Restrooms are located in the upper school

GENERAL: Running track is a full-pour rubber surface, ¼ spikes or less.

Runways are all weather. Throwing rings are cement.

We will furnish starting blocks.

Please stay off the football field if not participating. Team camps will be outside of the fence only.

There will be a concession stand open located behind the stadium.

Coaches meeting at 1:30pm in MRC. Media Resource Center

All participating schools will be assigned a field event to take charge of. Let me know if you have a preference. Student workers will be provided but you will need at least two adults if possible.

Times: 1:00 PM Coaches Meeting – MRC Building directly behind the press box.
1:30 PM Field Events (All Field events will be completed before the running events)
3:30 PM Running Events

Schools are limited to 3 entries per individual event and 1 relay team in each division. The divisional order for events will be 7th girls followed by 7th boys followed by 8th girls followed by 8th boys (7G, 7B, 8G, 8B). The 75M hurdles will be raised to 33" for the 8th grade boys only. All other hurdle races will be ran with the hurdles set at 30".

The order of running events will be as follows:

3200 M

100 M Hurdles – 8th grade boys 33", all else at 30"

100M Dash

1600M Run

4x100M Relay

400M

4X200M Relay

800M

200M

4X 400M Relay

SCHOOLS: Wichita Independent, Wichita Defenders, Wichita Classic School, Wichita All Saints School, Wichita Collegiate, Wichita Warriors Homeschool, Wichita Trinity, Resurrection Catholic Middle School, Central Christian Academy.