



Unified School District 331
Kingman – Norwich
115 North Main
Kingman, KS 67068
(620) 532-3134



Norwich High School
Norwich Jr. High School
Norwich Elementary School

www.knugd331.com
mklaver@knugd331.com

209 Parkway, P.O. Box 10
Norwich, KS 67118
(620) 478-2235

April 18, 2017

Dear Track Coaches and Athletic Directors,

Welcome, and thank you for accepting our invitation to participate in the 2017 Norwich Junior High School Invitational Track Meet. This year's meet will be held on Tuesday, May 2, and will begin at 1:00 pm. The meet will be conducted at the NHS Football and Track complex located on the east side of town, one block south of Highway 42.

Along with this letter, please be advised we are using Direct Athletics. The name of the meet is Norwich Middle School Invitational. Coaches will log on to www.directathletics.com and enter your athletes and events. Entries must be completed by May 1, 2017 at 11:59 p.m. Only scratches and substitutions can be made after that date. Please pay close attention to this deadline, as we would like a little extra time to make sure we have correct information on our end as well.

If you have any questions regarding your participation in the meet, please feel free to contact me. Thank you for your time, and we look forward to hosting you on May 2nd.

Sincerely,

Mike Klaver, Athletic Director Norwich Junior High School

NORWICH JUNIOR HIGH SCHOOL INVITATIONAL

Meet Information – May 2, 2017

Schools Participating: Argonia, Attica, Cunningham, Kingman, Norwich, Pretty Praire, Resurrection Catholic, South Barber, St. Peters Catholic, Wichita Defenders, Wichita Home School

Rules of Participation: The meet will consist of four divisions: 7 girls, 8 girls, 7 boys and 8 boys. SIXTH GRADERS MAY ONLY ENTER IN THREE EVENTS. Sixth grade students may compete in events they are eligible according to KSDE rules. Sixth graders are only allowed to compete in the 7th grade division. 7th and 8th graders will be allowed to participate in four (4) events, only two may be 800 meters or more for 6TH, 7TH and 8th graders. Only 8th graders are allowed to run in the 3200 M.

KSHSAA Rules will be followed. Running events have priority over field events. Contestants in conflicting events should leave the field event and report to the running event.

Scoring: Points will be awarded to the first six (6) finishes in each individual event. Team scoring for relay events will be the same as the individual events.

Awards: Medals will be awarded to the top six finishers in each individual event, and top six finishers in each relay. Four medals will be awarded for relays. Awards may be picked up by coaches at the conclusion of the meet.

Field Events: Shot put and discus participants will be allowed three (3) throws. A 4K shot will be used by boys. The 6 lb. shot will be used by girls.

Long jump and triple jump participants will be allowed three (3) attempts.

Pole vaulters and high jumpers will be allowed three (3) attempts at each height. Starting height for the pole vault will be established at the coaches meeting and will be raised as agreed to by coaches.

The opening height for the girls and boys high jump will be established at the coaches meeting. The bar will be raised at two (2) inch intervals until six (6) contestants remain. The bar will then be raised at one (1) inch intervals.

Hurdles will be set at thirty (30) inches for girls and boys 75 M. hurdles. They will hurdle seven (7) hurdles with the following spanning 13 M. to first, 8.5 M. between and 11 M. from the last hurdle to the finish line. The 200 M. hurdles will start at the 200 M. start line. They will hurdle five (5) hurdles at a height of thirty (30) inches. The spacing will be 50 M. to the first hurdle, 35 M. between hurdles and 20 M. from the last hurdle to the finish line.

Starting Blocks: Starting blocks will be furnished by Norwich.

Batons: Schools shall furnish their own batons.

Spike Length: The Norwich track is a seven (7) lane, rubberized, metric track. The use of only 1/8" or 1/4" spikes will be permitted on both the track and runways. No marking is allowed on the track, approaches or runways.A

Shot put and discus rings are cement, **no spikes allowed.**

Entries: May 1st, 2017 at 11:59 p.m. Direct athletics will be closed at this time and only scratches will be allowed.

Bleachers: Bleachers are aluminum and no spikes, shot puts or other equipment is allowed.

Concession: Concession will be provided.

Restrooms: Restroom facilities will be located on the northwest corner of the track.

Team Camp Areas: Team camp areas are to be located in north or south end zone areas. Please remind athletes to pay attention to public address announcements. **Shot puts and discus should be taken to bus as soon as event is complete.**

Starter: John Elmore

Entry Fees: Entry Fee will be \$90.00 per grade (\$180 total). If you have less than 8 competitors per team, a \$10.00 per individual fee will be charged.

Bus Parking: Bus parking will be located in the parking lot south of the stadium. Have driver park bus facing west along the practice field perimeter fence.

Norwich Junior High School Invitational Order of Events – May 2, 2017

12:30 pm

Coaches meeting at bus barn on the NE side of the complex.

1:00 pm – Field Events

Pole Vault	All boys followed by girls
High Jump	8 th boys followed by 7 th boys (North pit) 8 th girls followed by 7 th girls (South pit)
Long Jump	7 th boys followed by 8 th boys (North pit) 7 th girls followed by 8 th girls (South pit)
Triple Jump	1) 8 th girls 2) 7 th girls 3) 8 th boys 4) 7 th boys
Shot Put	7 th boys followed by 8 th boys (East ring) 7 th girls followed by 8 th girls (West ring)
Discus	8 th boys followed by 7 th boys (East ring) 8 th girls followed by 7 th girls (West ring)

2:15 pm – Running Events

3200 M Final 8th boys and girls

2:35 pm – Preliminaries

100 m. Dash
200 m. Dash
75 m. Hurdles

Finals – Running Events (will begin after completion of field events)

75 m. Hurdles
100 m. Dash
1600 m. Run
400 m. Relay
400 m. Dash
800 m. Relay
800 m. Run
200 m. Hurdles
200 m. Dash
Medley Relay