Gravette Athletic Department
325 Lion Drive South
Gravette, Arkansas 72736
Office: 479.787.4180
andrew.vire@gravetteschools.net

Lion Invitational Meet Information

- Meet Director: Bryce Mooman
- Coaches meeting will begin at 3:00 at the heating benches.
- Limit 3 entries per event.
- 4 attempts for jumps and throws.
- We will have minimum distances and heights that athletes will need to meet to get a mark.
- Implements will be weighed by the discus/shot areas.
- High School Meet is certified.
- TEAM winners, runner-up and Boys/Girls high point will be the only awards given out.
- Field Events will be run from Best to Worst except for PV and HJ. Athletes will get four jumps and throws. Shot and Discus will throw all of their attempts consecutively.
- There will not be a hospitality room. Coaches will get a ticket for a meal at the concession stand.
- Field events will start at approximately 3:30. Running events will start at 4:30.
- Please keep athletes off the field unless they are warming up. No one should be sitting or laying around on the field. Spectators are NOT allowed on the field.
- Only ¼ inch spikes are allowed.
- Team Camps are not allowed on the home side of the stadium. The gates on the home side will be locked. Please keep your athletes out of that area.
- Athletes should not walk back across the finish line after finishing a race.
- The infield will be **CLOSED** for all warm-ups once the meet begins. Only Athletes actively competing or at the benches will be allowed inside the track. Athletes can warm-up on the grass area behind the visitor's bleachers.
- **NO GUM/FOOD/SUNFLOWER SEEDS** allowed on the field!

FIELD EVENT ORDER

Girls: High Jump, Long Jump, Shot

Boys: Triple Jump, PV, Discus

RUNNING EVENTS

4 x 800

100/110H

100

4x200

1600

4x100

400

300H

800

200

3200 (HS Only)

4x400 Relay

EVENT	GIRLS	BOYS
Pole Vault	6-0	8-6
High Jump	4-2	5-4
Long Jump	14-0	17-0
Triple Jump	28-0	35-0
Discus		
Shot Put		

Warm-ups begin 30 minutes before the session starts. Then each flight will be allowed 5 minutes before their flight begins competition.

Race	Zone Markings	Zone 1	Zone 2	Zone 3
4x100	YELLOW			
4x200	GREEN (4th Yellow)			

Shot			Discus	
Girls	Boys		Girls	Boys
6 pounds	4 Kilograms	JH	1 kilogram	1 kilogram
4 Kilograms	12 pounds	HS	1 kilogram	1.6 kilograms

100/110 Hurdles			300 Hurdles	
Girls	Boys		Girls	Boys
30”	36”	JH	30”	33”
33”	39”	HS	30”	36”

*bottom notch is 30, 2nd 33, 3rd 36 and 4th 39