

Seaman Middle School Varsity Track Invitational

April 30, 2021 at 3:30pm

Seaman Middle School (5530 NW Topeka Blvd, Topeka, KS 66617)

Schools: Seaman, Shawnee Heights, Washburn Rural, Junction City, Ottawa, Lawrence South-Billy Mills, Lawrence Southwest, Manhattan-Anthony

Start Time: 3:30 - Field Events, 3200 M

*Running Events will commence with the conclusion of the 3200 M

****Athletes MUST sign out with a manager or coach if they leave the meet with a parent. Only parents can take their child home**

****Please bring water labeled with name and a healthy snack.**

****Students are dismissed at 1:10pm. There will NOT be an announcement.** We will leave school and be on the buses by 1:25pm. As students will be missing their 7th hour, it is the student's responsibility to contact their teachers for missing work.

Remember:

- 1st call means get warmed up. 2nd call means report to your field event or to the bullpen for running events.
- LISTEN to the announcer and follow the above schedule. Be polite and listen to instructions in the bullpen. If asked your name by an event official, please state it clearly. It is sometimes difficult to hear in that situation.

<u>Field Events</u>	<u>Order of Running Events:</u>
Field Events: 1) High Jump (North Pit: 7G, 8G) 2) High Jump (South Pit: 7B, 8B) 3) Long Jump (West Pit): 8G, 7G, 8B, 7B 4) Triple Jump (East Pit): 8B, 7B, 8G, 7G 5) Shot Put: 7G, 8G, 7B, 8B 6) Discus: 7B, 8B, 7G, 8G -Shot and Discus will be conducted in pits to the west of the stadium.	3200 (2 mile) @3:30 100m Hurdles 100 m Dash 1600m (1 mile) 4x100 Relay 400m Dash 4x200 Relay 800m Dash 200m Dash 4x400 Relay

Admission: \$3 adults, \$1 students

Concessions available.