## Smithville Invitational (varsity track and field)

Thursday, March 28, 2024



**Location** Smithville High School Athletic Complex

645 S Commercial Ave Smithville, MO 64089

**Entries** Submit all entries at <u>smithvilleinvitational.milesplit.com</u> by noon, **Wednesday**,

March 27<sup>th</sup>.

You may have **two entries** in all individual events & **one entry** in relays.

An individual athlete may participate in no more than four events.

**Entry Fee** \$300 per school (\$150 / boys & \$150 / girls). Make checks out to *Smithville* 

High School ATTN: TRACK (645 S. Commercial Ave. Smithville, MO 64089)

**Facilities** The track and runway surfaces are all-weather synthetic rubber and require

no more than 1/4" pyramid spikes—no needle or pyramid spikes.

No tape on runways or track.

No sunflower seeds or gum on the turf field.

**Bullpen** Location of the bullpen will be at the 50 yard line.

**Timing** Fully Automated Timing (FAT) will be provided by *B&B Race KC*.

**Team** First place team plaques for both the girls & boys division.

**Awards** Scoring will be 10-8-6-5-4-3-2-1

Individual Awards Medals will be awarded to the first 3 competitors in each event and the first 3

in relays. Available for pickup in the press box at the conclusion of the meet.

**Assistance** We need your help in making our track meet a success. Work assignments

will be listed below—if you cannot help with your assigned event, you may

switch jobs at the coaches meeting.

Games

Committee

North Platte

East Buchanan

Smithville

**Spectators** Gate admission fee: TBD.

**Amenities** Concessions & restrooms are available.

**Trainer** A certified athletic trainer will be on site with AED.

Questions Jerad Luke – Head Coach <u>lukei@smithville.k12.mo.us</u> 816.548.7110

## **ORDER OF EVENTS**

2:20pm Coaches Meeting in the lower level of the block house

(located adjacent to the starting line of the 100m dash) SCRATCHES ONLY – no additions or substitutions

3:00pm All field events will be Finals Only with 4 attempts.

LJ & TJ will be run cafeteria style with a 75-minute time period to finish.

Javelin (Boys then Girls)

Shot Put (Boys then Girls)

Discus (Girls then Boys)

Triple Jump (Boys then Girls)

Long Jump (Girls then Boys)

4:00pm FINALS (no prelims – all heats against time)

G/B 3200 Meter Relay

G 100m Hurdles B 110m Hurdles G/B 100m Dash G/B 800m Relay G/B 1600m Run G/B 400m Run

G/B 300m IM Hurdles

G/B 800m Run G/B 200m Dash G/B 3200m Run G/B 1600m Relay

## WORK ASSIGNMENTS: (Jobs may be switched at coaches meeting)

Long Jump	Girls:	4x100 Exchange Zone	1 <sup>st</sup> :
	Boys:	ixioo Exenuingo Eeno	2 <sup>nd</sup> :
	Doyo.		3 <sup>rd</sup> :
Triple Jump	Boys:		
	Girls:		
High Jump	Girls:	4x200 Exchange Zone	1 <sup>st</sup> :& 3 <sup>rd</sup> :
-	Boys:		1 <sup>st</sup> :& 3 <sup>rd</sup> :
Pole Vault	Girls:		
	Boys:	4×9 4600 900 2200 4×4	
0	+	4x8, 1600, 800, 3200, 4x4	
Shot Put	Boys:	Cut In	
	Girls:		
Discus	Boys:	Javelin	Boys:
	Girls:		Girls: