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 smithvilleinvitational.milesplit.com by noon, **Wednesday, March 27th**. 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 Awards	First place team plaques for both the girls & boys division. 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 lukej@smithville.k12.mo.us 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)
Pole Vault (Girls then Boys)
High Jump (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 Relay
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**	**1st:**
	Boys:		**2nd:** **3rd:**
Triple Jump	**Boys:**		
	Girls:		
High Jump	**Girls:**	**4x200 Exchange Zone**	**1st:& 3rd:**
	Boys:		**1st:& 3rd:**
Pole Vault	**Girls:**		
	Boys:	**4x8, 1600, 800, 3200, 4x4**	
Shot Put	**Boys:**	**Cut In**	
	Girls:		
Discus	**Boys:**	**Javelin**	**Boys:**
	Girls:		**Girls:**