

White Sands Invitational Track Meet  
March 13, 2024

1. Meet to be held at Alamogordo High School, 103 Cuba Ave, Alamogordo, NM 88310
2. Register athletes no later than **Tuesday, March 12, 2024 by Noon**. Please enter entries on [www.runnercard.com](http://www.runnercard.com)
3. In all running events, at a minimum, please include seed times of your fastest 3 runners to ensure they are in the appropriate heat. If you don't know an athlete's time, it is okay to leave blank.
4. **Scratch Meet: 3:00pm** – High School Concession Stand.
5. Running events have precedence over field events, but we ask that field event participants check in with the judge when a running event conflicts with the field event. **\*\*\*PLEASE REPORT BACK TO FIELD EVENT NO LATER THAN 10 MINUTES AFTER THE COMPLETION OF YOUR TRACK EVENT.\*\*\***
6. **Athletes may enter four (4) events, but no more than three (3) may be running or field events.**
7. All long jump and triple jump participants will be allowed three (3) jumps.
8. All high jump participants will be allowed three (3) jumps at each height attempt.
9. All shot and discus participants will be allowed three (3) throws
10. All jumping marks must be marked by 4 PM. If you are not marked by 4 PM, you will have to wait until the end of the event.
11. Scratch marks for field events

Girls Discus - 15 ft	Girls Long Jump - 8' 0"
Boys Discus - 25 ft	Boys Long Jump - 10' 0"
Girls Shot - 40 ft	Girls Triple - No Mark
Boys Shot - 50 ft	Boys Triple - No Mark

STARTING HEIGHTS ARE AS FOLLOWS:

<u>High Jump – Girls</u> 3'10" 2" thereafter	<u>High Jump – Boys</u> 4'4" 2"thereafter
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12. Scoring: Individual: 7-5-4-3-2-1 Relays: 10-8-6-4-2-1
13. No spikes longer than ¼" will be permitted. Athletes will be disqualified from further participation in the meet for wearing longer spikes or abusing the track or runways in any way. **Takeoff marks for relays should be marked with tennis balls and not scratched into the track.**
14. To avoid congestion on the infield, the following rules have been established:
  - (a) Participants will enter the infield **only** after the first call for his/her event.
  - (b) Coaches will be allowed on the field.
  - (c) Each team will be allowed only two (2) managers on the field.
  - (d) Athletes should remain in the stands unless they are preparing for an event. **NO CAMPS ON THE FIELD.**
15. **No** athlete will be permitted in the bleachers with spikes on.
16. Ribbons will be sorted at the press box. Coaches please pick up your ribbons before you leave. Team scores will be made available as soon as possible. All results will be posted on Runnercard.

Please register your athletes on

[www.runnercard.com](http://www.runnercard.com)

Deadline --- March 12, 2024 at noon.

**White Sands Track Invitational Schedule**  
**Track Meet Schedule**  
**March 13, 2024**

**Scratch Meet:** 3:00

**Running Events:** 1<sup>st</sup> Call 4:15

4:30

1600 Meter Run (Girls)  
1600 Meter Run (Boys)  
400 Meter Relay (Girls & Boys)  
100 Meter Hurdles (Girls)  
110 Meter Hurdles (Boys)  
100 Meter Dash (Girls & Boys)  
800 Meter Run (Girls & Boys)  
800 Meter Relay (Girls & Boys)  
400 Meter Dash (Girls & Boys)  
300 Meter Hurdles (Girls & Boys)  
1600 Meter Medley Relay (Girls & Boys)  
200 Meter Dash (Girls & Boys)  
1600 Meter Relay (Girls & Boys)  
400m Weight Men/Women Relay (NO POINTS)

**Field Events:**

High Jump: 4:00 (Girls)  
4:30 (Boys) or immediately following Girls High Jump

Shot Put: 4:30 (Boys)  
5:30 (Girls) or immediately following Boys Shot Put and Girls Discus

Discus: 4:30 (Girls)  
5:30 (Boys) or immediately following Girls Discus and Boys Shot Put

Long Jump: 4:00 (Boys)  
4:30 (Girls) or immediately following Girls Triple Jump

Triple Jump: 4:00 (Girls)  
4:30 (Boys) or immediately following Boys Long Jump