



**TR Pre-Prom Invitational Track Meet  
Tongue River High School  
Friday – April 8, 2016**

**GENERAL INFORMATION & INSTRUCTIONS**

- BUS PARKING:** Main Parking Lot in Front of High School
- SANCTIONED:** This is a WHSAA sanctioned qualifying meet – Hand Held Timing.
- ENTRIES:** Runner Card ([www.runnercard.com](http://www.runnercard.com)) – Entries will close on Thursday April 7<sup>th</sup> at 1:00pm.
- SCRATCH MEETING:** Team Packets will be available at the Press Box at 9:00am.  
**Scratches and Replacements only** can be made at that time.
- IMPLEMENT WEIGH:** Shot Put/Discus weighing at the equipment shed (concession building) @ 9:00am.
- TRACK LAYOUT:** 6 Lane all weather rubberized track and runways.
- TEAM CAMPS:** Team Camps can be set up outside the fenced track area on the grass areas.
- TRACK WARM-UP:** The Track will be available for warm-up at 9:00am.
- SEEDING & ENTRIES:** Athletes will be heated & seeded according to actual or projected entry times. There will be no finals. Unlimited entries - four events maximum per competitor.
- VALUABLES:** Sheridan County School District #1 will not be responsible for any personal belongings or school items lost.
- SPIKES:** 1/8" Pyramid Spikes or Running Flats Only.
- MEET START:** **10:00 am Field Events**      **11:00 am Running Events**
- FIELD EVENTS:** Report at **9:45 a.m.** Events begin at **10:00 a.m. (no pole vault event)**  
**All Jumps and Throws will receive 4 attempts with no finals.**
- RUNNING EVENTS:** **11:00 a.m.** (All Timed Finals – No Prelims)
- ENTRY FEE:** \$75 per School – Please bring vouchers payable to TRHS
- RESTROOMS:** Locker Rooms will not be available – Restrooms and Concessions are available at track.

**TONGUE RIVER "PRE-PROM" INVITATIONAL**  
**April 8, 2016 - Order of Events**

**Field Events**

**10:00 AM**

- Boy's Long Jump
- Girl's Triple Jump
- Girl's High Jump
- Girl's Shot Put
- Boy's Discus

**Immediate Following Events:**

- Girl's Long Jump follows Boys L.J.
- Boy's Triple Jump follows Girls L.J.
- Boy's High Jump follows Girls H.J.
- Boy's Shot Put follows Girls S.P.
- Girl's Discus follows Boys Discus

**Running Events**

**11:00 AM**

3200 Meter Relay	G/B	Finals
100 Meter Hurdles	G	Finals
110 Meter Hurdles	B	Finals
100 Meter Dash	G/B	Finals
1600 Meter Run	G/B	Finals
400 Meter Relay	G/B	Finals

**1:00 PM**

400 Meter Run	G/B	Finals
300 Meter Hurdles	G/B	Finals
800 Meter Run	G/B	Finals
200 Meter Dash	G/B	Finals
3200 Meter Run	G/B	Finals
1600 (4 x 400) Meter Relay	G/B	Finals