

Dear Coaches:

The Dubois Invitational Track Meets will be held on Friday, April 28, 2017. The Youth Meet will be run at the new OLD high school track, located at 314 Helmer the Junior High Meet will be run at the new K-12 building (we already have all the hurdles there). We will recruit as many helpers as we can but in order to make two meets work, I will have to assign coaches to help with field events and possibly timing. Field events will start at 10:00 a.m., and running events will start at 11:30 a.m.

**Schools Invited**

Fort Washakie	Wyoming Indian	Arapahoe	Dubois
St. Stephens	Wind River	Trinity Lutheran	Shoshoni

**Entries**

Entries must be entered on Runnercard.com. The meet is listed as Dubois Youth Invitational 2017 and Dubois Junior High Invitational 2017.

**PLEASE PAY CLOSE ATTENTION ON HOW TO ENTER RUNNERS FOR THE FOLLOWING RACES:**

Failure to follow instructions may result in your athlete being heated improperly.

**Enter your top five runners for the 100M dash, and 100H as 15.00, 16.00, 17.00, 18.00, and 19.00. Enter the remaining runners at 20.00.**

**Enter your top five runners for the, 200M dash and 200H as 30.00, 31.00, 32.00, 33.00, and 34.00. Enter the remaining runners at 35.00.**

**Enter your top five runners for the 400M dash as 1:00, 1:05, 1:10, 1:15, and 1:20. Enter remaining runners at 1:25.**

All running events will be run as finals.

**Entry Limit**

Each participant will be limited to five (5) events. This includes at least one relay, at least one field event, and at least one running event. A runner may run in no more than three (3) events over 400 meters, including relays.

**Deadlines**

Runnercard entries will shut down at 6 p.m. Thursday, April 27, 2016. **After that no entries will be allowed.**

**Friday morning there will NOT be a scratch meeting, if you have kids who don't show, we will scratch them at the event or race. I will NOT have a computer up and running at the meet, all the results will be posted later.**

## **Scoring**

Ribbons will be given for 1st through 6<sup>th</sup> places.

Scoring will be 10, 8, 6, 4, 2, and 1 point for respective places.

## **High Jump starting heights**

Youth Girls	3'2"	Junior High Girls	3'8"
Youth Boys	3'6"	Junior High Boys	4'2"

## **Shot Put**

Youth will throw a 6 lb. shot, Junior High will throw an 8 lb. shot. We will have the athletes throw all three throws consecutively and measure the farthest throw.

## **Discus**

Everyone will throw a 1.0 kg discus. We will have the athletes throw all three throws consecutively and measure the farthest throw.

## **Hurdles**

In the 55 meter will be run on at 30". 100 meter hurdles, the Junior High girls will run on 30" hurdles, and the Junior High boys will run on 33" hurdles. Hurdles will be placed on the yellow marks. (10 flights)

In the 200 meter hurdles, both boys and girls will run over 30" hurdles. These hurdles will be placed on the red marks. (6 flights)

## **Concessions**

**THERE WILL BE A CONCESSION STAND**

## **Lunch**

We will have a hospitality area for coaches and workers for lunch.

Rest rooms will be available at the track meet. Locker rooms will not be opened. Please have your teams keep their camp areas clean.

Thanks,

Tina Baker  
Athletic Director

# DUBOIS JUNIOR HIGH INVITE – APRIL 28, 2017

## Order of Events

Coaches Meeting-----9:30  
Field Events-----10:00  
Running Events-----11:30

### FIELD EVENTS (10:00)

**High Jump** – JH boys followed by JH girls,  
*Junior High girls is 3’8”;* and *Junior High boys is 4’2”.*

**Triple Jump** (South Pit) JH Girls followed by JH Boys,

**Long Jump** (North Pit) JH Boys followed by JH Girls

**Shot Put** (West end of field by the shed) JH-Boys followed by JH Girls.  
*JH boys and girls use an 8# shot.*

**Discus** (East end of field) JH Girls followed by JH Boys

### RUNNING EVENTS (11:30)

1600 METER RUN

100 METER HURDLES      Jr. High -GIRLS AND BOYS (Girls – 30” Boys – 33”) Yellow marks

100 METER DASH

800 METER RELAY

400 METER RUN

400 METER RELAY

200 HURDLES                      Jr. High GIRLS AND BOYS (30” high – 6 flights, Red marks)

800 METER RUN

200 METER DASH

1600 Meter RELAY                      Jr. High GIRLS AND BOYS