

Lander Middle School Invitational Track Meet
Friday, April 30, 2021----9:30 AM
Bill Bush Stadium

1. Depending on meet entries, please be prepared to work a field event if we need help. We may need a coach from each school as a backup timer.
2. Each athlete is limited to four events, including relays.
3. Entries will be on RunnerCard. Entries will close at 8:00am on Friday, April 30. This is a late closing so we won't have a scratch meeting. Please make sure you adjust entries and double check divisions before 8:00am.
4. We may run divisions of the girls together as well as divisions of the boys together if the numbers are not too large.
5. The meet will be scored 10-8-6-4-2-1.
6. Athletes must remain in the stands or in team camps located on the east end of the practice football field during the running events unless they have been called for an event or are working the meet. There will be a general warm-up area at the south end of the marshalling area. There will be no warming up or team camps in the infield.
7. Please be sure your teams pick up their area before leaving. Trash bags will be provided.
8. Concessions will NOT be available.
9. No athletes should be in the Fieldhouse at any time during the day. Restroom facilities are located directly behind the concession stand.
10. Needle-nose spikes should only be worn on the track surface and runways.
11. Running event entrants will report to the south end of the track at the starting chutes. There will be a first, second, and final call for all events. If athletes are still competing in a field event, have someone report to your race for you and show up when you hear the final call. All running events will be in the following order: 6/7 girls, 8 girls, 6/7 boys, and 8 boys.
12. Due to COVID, no hospitality room will be provided.

13. Starting heights for high jump:

- a. 6/7 Girls: 3' 6" / 8 Girls: 3'8"
- b. 6/7 Boys: 3' 10" / 8 Boys: 4'2"

14. The long and triple jumps will have a minimum distance required to measure. If jumpers do not make the minimum on the first two, the third attempt will be measured.

- a. Long Jump: Grade 6/7 Girls: 10' / Grade 8 Girls: 11' / Grade 6/7 Boys: 12' / Grade 8 Boys: 13'
- b. Triple Jump: Grade 6/7 Girls: 19' / Grade 8 Girls: 23' / Grade 6/7 Boys: 21' / Grade 8 Boys: 25'

15. Discus and Shot: Each thrower will throw three in a row. The longest will be measured.

16. All field events will have three throws or jumps. All throws and jumps are considered as finals.

Schedule of Events

9:30 a.m.

Field events begin. (See attached map)

- Girls' Shot Put 7th followed by 8th Grade
- Boys' Shot Put 8th followed by 7th Grade
- Girls' Discus 8th followed by 7th Grade
- Boys' Discus 7th followed by 8th Grade
- Triple Jump 7th G, 7th B, 8th G, 8th B
- Long Jump 8th B, 8th G, 7th B, 7th G
- High Jump 8th G, 8th B, 7th G, 7th B

10:30 a.m.

1600 M run

11:30 p.m.

100 M hurdles

Girls 30"

Boys 33"

100 M Dash

400 M Relay

400 M Dash

200 M Hurdles

(Note these will be on 300M stagger)

800 M Run

200 M Dash

800 M Relay

(Four Turn Stagger – lanes entire way)

1600 M Relay

Bill Bush Stadium Track Areas

