

11th Annual
Bob Whitehouse
Track and Field Invitational
March 29th, 2024
Location: Bryan High Stadium, Bryan High (4700 Giles
Rd, 68157)

Boys Teams Invited

Bellevue East
Bennington
Benson
Bryan
Buena Vista
Gretna
Gretna East
North
Northwest
Papillion LaVista
Sioux Falls Jefferson
Sioux Falls Roosevelt
South
Westview

Girls Teams Invited

Bellevue East
Bennington
Benson
Bryan
Buena Vista
Gretna
Gretna East
North
Northwest
Papillion LaVista
Sioux Falls Jefferson
Sioux Falls Roosevelt
South
Westview

GENERAL INFORMATION

Time/Date: Friday, March 29, 2024

Field Events: 11:00-Girls High Jump/Boys High Jump North D
11:00-Boys Long Jump, Girls Triple Jump
12:00-Girls Shot, Boys Discus
12:15-Boys Pole Vault (North D)/Girls Pole Vault to follow
1:30-Boys Shot, Girls Discus

Running Events: 1:30 p.m.

1:30 3200 Meter Relay
2:00 100 Meter Hurdles/110-Meter-High Hurdles
2:20 100 Meter Dash
2:40 400 Meter
3:10 3200 Meter
3:50 Dinner Break
4:15 800 Meter Run
4:40 300 Meter Hurdles
5:05 200 Meter Dash
5:30 1600 Meter Run
5:40 4X100 Meter Relay
5:45 4X400 Meter Relay

****We will run ahead of schedule when possible.**

Entry Fee: \$150 per team (\$300 for both boys and girls)

Entry forms are found on the Internet at:

www.athletic.net

If you have an existing Athletics account please log in using your existing username/password.

If you do not have an account, you will need to create one.

Web entries are to be submitted by 8:00am, Thursday, March 28, 2024.

Any questions.... Call Mark McGuire @ 402-510-1444 or mark.mcguire@cox.com

Each school will be allowed 3 entries for individual field events and 1 relay team for each relay.

- Meeting:** A Scratch/Add meeting will be held at 12:30 pm in the North Shed located by the starting chute on the track. Scratch/Add for field events can be done at the field event.
- Scoring/Awards:** All events will be scored 10-8-6-4-2-1. Medals to first six places in all events. Meet championship plaques will be awarded to the team champions.
- Admission:** \$6 Adult, \$4 Student with Student ID
- Locker Facilities:** No Facilities will be provided for teams. Restrooms will be available on the east side of the stadium.
- Field Events:** The Shot Put, Discus, Long Jump and Triple Jump will be run with 3 preliminary attempts. Top 8 will advance to the finals for 3 additional attempts. Preliminary attempts will count toward the final places.
- Starting Heights:** Pole Vault/High Jump, Determined by entries.
- Running Events:** All running events will be finals against time. No prelims will be held.
- Reminders:** No sunflower seeds are allowed on field turf. Please have your buses parked in the east parking lot next to the stadium. Tents may be set up in the stadium but must be ten feet from the track.
- Spikes:** Bryan has a new track surface. Only 1/8" spikes may be worn.