

Millard West 9th Grade Invitational

- Date:** Saturday, April 27, 2019
- Time Schedule:** Field Events: 10:00 a.m. Running Events: 12:00 p.m.
- Directors:** Lance Smith, Athletic Director
Colin Johnston, Head Boys Track & Field Coach
Seth Turman, Head Girls Track & Field Coach
- Entries:** All teams may enter up to **three athletes in each individual event**. Only **one relay entry per team**. Entries will be online at **athletic.net**
Please submit entries by **Friday, April 26 by 12:00 noon**.
SCRATCHES ONLY! NO ADDS the day of the meet.
- Entry Fee:** **\$115 per gender or \$220 per school**
- Meet Packet:** Pick up heat and lane assignments at the red brick building (southeast of the track)
- Awards:** Medals to the top six (6) places in all running and field events.
Medals to the top three (3) relays.
- Facilities:** Restrooms are available southeast of the track. No locker rooms available.
Blocks will be provided.
- Spikes:** ¼” or smaller spikes for track surface events
- Running Events:** All running events will be run as finals against time.
Heats will be seeded according to times submitted on entries.
- Field Events:** Shot and Discus: 4 throws - No Finals
Long and Triple Jump: 4 jumps - No Finals
- Starting Heights:** Will be determined based on entries
- Scoring:** All events will be scored 10-8-6-4-2-1
- Questions:** Online entry questions should be directed to Mike McGuire via email at mike1323@cox.net or Coach Johnston via email at ctjohnston@mpsomaha.org

2019 Order of Events and Meet Time Schedule

Order of Field Events

Shot Put	Girls will Throw first, followed by Boys (location, North end of track)
Discus	Boys will Throw first, followed by Girls (location, West of track)
Long Jump	Boys use West Pit - Girls use East Pit (will jump at the same time)
Triple Jump	Boys and Girls after completion of Long Jump (will jump at the same time)
High Jump	Boys will jump first, followed by Girls
Pole Vault	Girls will jump first, followed by Boys

All Field Events Start at 10:00 a.m.

10:00 a.m.	Discus - Boys first, girls to follow (4 attempts, No finals)
	Shot Put - Girls throw first, boys to follow (4 attempts, No finals)
	Long Jump - Boys and Girls at same time (4 attempts, No Finals)
	Triple Jump - Following Long Jump (4 attempts, No Finals)
	High Jump - Girls first, boys to follow (opening height based on entries)
	Pole Vault - Girls first, boys to follow (opening height based on entries)

Track Events will start at 12:00 p.m.

Races will be run on a rolling schedule! Each race will begin immediately following previous event

All Races are Timed Finals

12:00 noon	Girls	4x800m Relay (girls and boys may run together based on number of entries)
	Boys	4x800m Relay (girls and boys may run together based on number of entries)
	Girls	100m High Hurdles
	Boys	110m High Hurdles
	Girls	100m Dash
	Boys	100m Dash
	Girls	400m Dash
	Boys	400m Dash
	Girls	3200m Run (girls and boys may run together based on number of entries)
	Boys	3200m Run (girls and boys may run together based on number of entries)
	Girls	200m Dash
	Boys	200m Dash
	Girls	800m Run
	Boys	800m Run
	Girls	300m Low Hurdles
	Boys	300m Intermediate Hurdles
	Girls	1600m Run
	Boys	1600m Run
	Girls	4x100m Relay
	Boys	4x100m Relay
	Girls	4x400m Relay
	Boys	4x400m Relay