Millard South Metro JV Track Invite

Tuesday, March 24th, 2020

**GENERAL MEET INFORMATION**

* Field Event @ 3:30p.m.
* Running Even @ 4:00p.m.
* Running events are girls followed by boys-FINALS AGAINST TIME.
* This event will heat and flight athletes by marks entered in Athletic.net.
* Four attempts in all field events – NO FINALS
* Millard South will provide an Athletic Trainer
* RUNNING EVENTS COULD BE COMBINED if entry numbers are low.
* Only 1/8” or ¼” spikes for track and all jumping events.
* Team camps may be set up outside the track in the grass areas and in the stands; no team camps in the infield.  Please clean up your team area at the conclusion of the meet. Thank you!
* 1 Relay Team per school per relay event
* **We will have unified long jump, 100M Dash and 4x100m Relay available to be competed. Entries will need to be emailed directly to Mike Edmundson at medmundson@mpsomaha.org**

**TEAMS ATTENDING and EVENT ASSIGNMENTS BY SCHOOLS**

**Teams:** Gretna, Omaha Bryan, Omaha Burke, Omaha South, Papillion-La Vista South and Millard South

Papio South Shot Put (Boys/Girls) Boys followed by Girls

Omaha Burke LJ/TJ (Boys) Boys (Long Jump First)

Gretna Discus (Girls/Boys) Girls followed by Boys

Omaha Bryan LJ/TJ (Girls) Girls (Long Jump First)

Millard South Pole Vault Girls followed by Boys

Omaha South High Jump Girls followed by Boys

Millard South Timers Start Line/Finish Line Help

**Timing System**: For Timing, we will be using the IPAD Finish Line Program for all short races.  For the longer races, we will go with the cross country finish.

**Entries Due:**

* Online Entries through ***Athletic.net***
* ***Online entries close at 6:00 p.m. Monday March 23rd.***
* Scratches only on site. If you think they might compete…ENTER THEM!
* Contact Coach Mike Edmundson at medmundson@mpsomaha.org if you have any questions.
* **ENTRY FEE: $50 per school.**

**ORDER OF EVENTS**

3:30 p.m. Field events begin (see order & school assignment above)

 **Unified Long Jump will be the first event on the girls long jump pit**

4:00 p.m. 4 X 800M RELAY

 100M HURDLES

 110M HURDLES

 100M DASH

 **Unified 100M Dash**

 400M DASH

 1600M RUN (Cross Country Finish)

 **Unified 4x100M Relay**

 200M DASH

 800M RUN

 300M HURDLES

 3200M RUN (COMBINE as needed) (Cross Country Finish)

 4 X 100M RELAY

 4 X 400M RELAY

**Meet will be run on a rolling schedule**

**MEET DIRECTORS:** Mike Edmundson (medmundson@mpsomaha.org) / Shaun Tevis (smtevis@mpsomaha.org)