



Grain Valley Middle School Invitational

GRAIN VALLEY MIDDLE SCHOOL

INVITATIONAL TRACK MEET

Grain Valley High School, 551 SW Eagles Parkway

May 3, 2017, 4pm- Field Events, 4:30pm- Running Events

- Meet Directors:** Marc Cleveland-Head Boys Track Coach (816)847-5000 mcleveland@gvr5.net Mark Lyford- MS AD (816)994-4800 mlyford@gvr5.net
- Coaches Meeting:** Coaches meeting will be in the press box at 3:45pm.
- TEAMS:** Belton, Delta Woods, Grain Valley, Harrisonville, Kearney, Oak Grove, Odessa, Paul Kinder, Platte County, Pleasant Hill
- Entries:** Entries are due by **Monday, May 1st at 5:00 pm** to www.athletic.net
Entries are limited to 2 athletes per event and one relay team.
FAILURE TO ENTER A TIME WILL RESULT IN THE ENTRY BEING PLACED IN THE SLOW HEAT.
- Scratches/Changes:** Coaches can manage their entries until Tues, May 2nd 3 pm.
- Entry Questions:** Phil Andreas pandreas@gvr5.net
- ENTRY FEE:** \$130 for both Boys and Girls
- ADMISSION:** Adults - \$3.00 Students - \$2.00
- SCORING:** Points will be awarded on the basis of 10-8-6-5-4-3-2-1
- QUALIFYING:** There will be no prelims. All races will be run as finals. Heats will be run slowest to fastest. Contestants in field events will be given 3 attempts with no finals. Opening height in high jump for girls is 3'10" and for boys 4'4". Each contestant in the field events will have 75 minutes to complete the event once it starts.
- FACILITIES:** No locker facilities are available.
- SURFACE:** The track is synthetic rubber. Running flats or 1/8" spikes are allowed on all running and jumping surfaces. The shot put and discus rings are all concrete. **NO TAPE ON RUNWAYS OR TRACK.**
- CONCESSIONS:** A concession stand will be open for athletes and fans. Coaches will receive a lunch ticket good for sandwich, chips, and drink at the concession stand.
- BULLPEN:** Location of the bullpen will be at the North end of the track.
- MEDALS:** Medals will be given for the top 3 in each individual event and the top 3 in relays. Trophies will be awarded for the top 2 teams for girls and boys.

ASSISTANCE: We need your help in making our track meet a success. We ask that the following assist by timing, picking, and judging curves/exchange zones.

Starter:

Head Finish Judge-

Head Field Judge-

Bull Pen -

1st - Harrisonville

2nd - Kearney

3rd - Delta Woods

4th - Oak Grove

5th - Odessa

6th - Paul Kinder

7th - Pleasant Hill

8th - Grain Valley

Exchange Zones: 400m Relay	-	Zone 1 – Belton	800m Relay-	Zone 1 - Odessa
		Zone 2 – Delta Woods		Zone 2- Pleasant Hill
		Zone 3 – Oak Grove		

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ORDER OF EVENTS

RUNNING

3200m Relay G/B

Girls 100m Low Hurdles

Boys 100m Intermediate Hurdles

100m Dash G/B

800m Relay G/B

1600m Run G/B

400m Relay G/B

400m Dash G/B

800m Run G/B

200m Dash G/B

1600m Relay G/B

The girls and boys 800m and 1600m run will be a waterfall start and may be combined if there are a low number of participants. The starter will determine this. All running events will begin at 4:30p.m.

FIELD EVENTS

Girls Shot followed by Boys Shot

Boys Discus followed by Girls Discus

Boys LJ followed by Girls LJ

Girls TJ followed by Boys TJ

Girls HJ followed by Boys HJ

Boys PV followed by Girls PV

All Field events begin at 4:00p.m.

All running events will begin at 4:30p.m.