

Sutton Jr. High Track Invite
Monday, April 29th, 2019 @ 12:30

ENTRY FEE: \$160.00 per school Sutton High School Athletes will run all field events and F.A.T. will time all places.

Entries: Open on April 21st Due by Friday April 26th at 10:00am submit using this Link: <https://www.vbmeets.com/29540>

Scratch Meeting: 11:30 am day of meet

Each Team may enter 3 competitors in each event and 1 team in each relay event. No more entries will be accepted. All events are finals, all races run against time.

Hurdle Height for Girls: 30"--100

Hurdle Height for Boys: 33" -110 30" for both in 300

TEAMS COMPETING: Deshler, Heartland, McCool Junction, Sandy Creek, Fillmore Central, Harvard, Dorchester, Friend, Meridian, BDS, Hampton, Hastings STC, Exter Milligan Sutton

AWARDS: Medals to 1st place in each event, ribbons to places 2-6. Trophies to 1st place teams.

SCORING: 10-8-6-4-2-1

SCHEDULE OF EVENTS

11:30am SCRATCH MEETING IN THE HS GYM

12:30 FIELD EVENTS - 3 ATTEMPTS, NO FINALS

(3 MISSES IN THE VAULT AND HIGH JUMP)

ORDER OF FIELD EVENTS :

Boys Shot followed by Girls

Girls Discus followed by Boys

Girls Vault followed by Boys

Boys Triple Jump followed by Boys Long Jump(east pit)

Girls Long Jump followed by Girls Triple Jump (west pit)

Boys High Jump followed by Girls

(Sutton HS Athletes will run all field events)

******* ALL RUNNING EVENTS WILL BE HEATS AGAINST TIME *******

(All running events girls followed by boys)

2:15 3200 M RELAY

100 HURDLES

110 HURDLES

100 M DASH

1600 M RUN

400 M RELAY

400 M RUN

300 M HURDLES

800 M RUN

200 M RUN

1600 M RELAY