

HARRISBURG INVITATIONAL

April 25, 2023

2:00 PM All Javelin & All Pole Vault | 3:00 PM Girls Shot Put & Boys Discus

4:00 PM Girls High Jump, Boys Long Jump & Girls Triple Jump

4:00 PM Running Events

- TIMING:** FAT timing will be utilized
- ENTRIES:** **Entries are due Monday, April 24 by NOON.** Contact Erik VanLaeken
vanlaecken48@hotmail.com with questions.
- ENTRY LIMITS:** 4 Events per individual
Unlimited Individual Entries per school (Within reason)
2 relay teams per school
- WEIGH IN:** **IMPLEMENTS:** Done at the event site. All field events will be measured in accordance with the rulebook for track and field.
- POLE VAULTERS:** Done at home the day of the event. Turn in weight certification forms to Event Director upon arrival.
- TEAM POINTS:** No team points will be tallied.
- AWARDS:** None
- SPIKES:** 3/16-inch pyramid or smaller
- QUALIFYING:** All running events will be run as finals.
Field events - 4 Jumps/Throws—No Finals
- CAMPS:** Please keep all camps outside of the track area. The area inside the track will be considered competition area, uniforms may not be removed there. No sunflower seeds or gum around the track area.
- MARKING TAPE:** PLEASE TELL YOUR KIDS THERE WILL BE no tape or markings of any kind allowed on the track or runway surfaces. Tennis balls are provided for the exchange zones.
- RESTRICTED AREAS:** Spectators will not be allowed inside the track area.

Pole Vault will be held as conditions permit.

Meet has been sanctioned with SDHSAA.

If you have any questions, I can be reached at (605) 743-9026. Thank you.

Jim Altenburg
jim.altenburg@k12.sd.us

MEET SCHEDULE

Field Events:

- * 2:00 PM Boys Javelin (West Vector)
- * 2:00 PM Girls Javelin (East Vector)
- 2:00 PM Pole Vault Run Concurrently
- * 3:00 PM Girls Shot Put followed by Boys
- * 3:00 PM Boys Discus followed by Girls
- 4:00 PM Girls High Jump followed by Boys High Jump
- # 4:00 PM Boys Long Jump followed by Boys Triple Jump
- # 4:00 PM Girls Long Jump followed by Girls Triple Jump
- * = Four Throws
- # = Four Jumps

COACHES MEETING (3:45PM – Infield)

Running Events: 4:00PM (Rolling Schedule)

Girls/Boys 3200 Meter Relay

*Run Together if number of teams warrants

Girls 100 Meter Hurdles

Boys 110 Meter Hurdles

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 800 Meter Relay

Boys 800 Meter Relay

Girls 1600 Meter Run

Boys 1600 Meter Run

Girls 400 Meter Relay

Boys 400 Meter Relay

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 300 Meter Hurdles

Boys 300 Meter Hurdles

Girls 1600 Sprint Medley Relay

*Run together if number of teams warrants

Boys 1600 Sprint Medley Relay

Girls 800 Meter Run

Boys 800 Meter Run

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls/Boys 3200 Meter Run

*Run Together if numbers warrant

Girls 1600 Meter Rely

Boys 1600 Meter Relay