

**LAMAR MIDDLE SCHOOL
INVITATIONAL TRACK MEET
APRIL 27, 2018**

Dear Athletic Directors and Coaches:

Your school is invited to the Lamar Middle School **Invitational Track and Field Meet**, held this year on Friday, **April 27, 2018**. Competition is limited to students currently enrolled in those grades and who have not reached their 16th birthday. The meet will be held at the Merrill Brush Field at Savage Stadium. Dressing rooms are not available. **YOU WILL BE RESPONSIBLE FOR ALL VALUABLES, CLOTHING, AND BELONGINGS THROUGHOUT THE DAY.** All entries will be done through milesplit. **All entries must be in by 11:59 p.m. Tuesday April 24th**

Directions for using milesplit

Go to <http://co.milesplit.us>. In the upper right hand corner it will say Register. You will need to click register and create an account. Once you are registered click on calendar. Then click on 2018 Outdoor Track and Field. When the new screen appears click on Outdoor Track and Field. Click on Middle School and then scroll down and find Lamar Middle School Invitational Track Meet on April 27th and click on ONLINE ENTRIES and follow the directions.

There will be a **brief** coaches meeting for scratches in the boys locker room located in the building **East** of the football field at **8:30 a.m.** A coach must accompany each team. **Please keep scratches to a minimum.**

RULES OF THE MEET:

We will have four divisions: 7th & 8th grade girls and 7th and 8th grade boys.

1. **EACH STUDENT MAY ENTER TWO RUNNING EVENTS, ONE RELAY, AND TWO FIELD EVENTS.** Schools may enter three students in each event. There is a \$120.00 entry fee for each school (\$60.00 for girls and \$60.00 for boys).
1. Ribbons will be awarded for first through eighth place. Points will be: 10, 8, 6, 5, 4, 3, 2, 1.
1. **Please keep your team in the stands when they are not competing.** This will reduce confusion and make it easier to run the meet.
1. All track events will be run at the stadium, with field events being run at the stadium except boy's & girl's shot put and discus. These will be thrown at the Lamar Middle School practice field, 1 block east of the stadium. The shot & discus will be thrown off cement surfaces. We will use the kilo shot for both boys & girls divisions. Everyone will use the same shot and discus that will be **provided.**
1. We will run open 400's in heats against times. No blocks will be used in the open 400.
1. We will place the 8 fastest qualifiers in final running events. All field events are final. Finals will begin 30 minutes after prelims.

WE WILL RUN THE 800 METER RELAYS IN LANES FOR THE ENTIRE RACE.

1/8 SPIKES ARE ALLOWED ON THE ALL-WEATHER SURFACE.

Entry sheets for boys & girls events are enclosed. Remember the deadline for entries is Tuesday, **April 24, 2018.**

Thank you!

Brandon Adamson

brandon.adamson@lamarschools.org

Athletic Director

Lamar Middle School

104 West Park

Lamar, CO 81052

Phone: 719-336-7436

Fax: 719-336-5457

Cell: 688-5919

APRIL 27, 2018

SCHEDULE OF EVENTS
LAMAR MIDDLE SCHOOL INVITATIONAL TRACK MEET
STARTING TIME 9:00 A.M.

Girls= 7th grade girls Women =8th Grade Girls Boys= 7th grade boys Men = 8th Grade Boys

COACHES MEETING..... 8:30 A.M.

SCHEDULE OF EVENTS

9:00 AM LONG JUMP (East End) 7th GRADE BOYS 8th GRADE MEN

9:00 AM TRIPLE JUMP (East End) 8th GRADE MEN 7th GRADE BOYS

9:00 AM LONG JUMP (West End) 8th GRADE WOMEN 7th GRADE GIRLS

9:00 AM TRIPLE JUMP (West End) 7th GRADE GIRLS 8th GRADE WOMEN

9:00 AM HIGH JUMP 7th GRADE GIRLS 7th GRADE BOYS 8th GRADE WOMEN 8th GRADE MEN

9:00 AM BOYS SHOT (SOUTH SIDE) 7th GRADE BOYS 8th GRADE MEN

9:00 AM BOYS DISCUS (SOUTH SIDE) 8th GRADE MEN 7th GRADE BOYS

9:00 AM GIRLS SHOT (NORTH SIDE) 7th GRADE GIRLS 8th GRADE WOMEN

9:00 AM GIRLS DISCUS (NORTH SIDE) 8th GRADE WOMEN 7th GRADE GIRLS

ORDER OF RUNNING EVENTS STARTING AT APPROXIMENTLY 11:00 AM

7th GRADE GIRLS 200 M DASH PRELIMINARIES
7th GRADE BOYS 200 M DASH PRELIMINARIES
8th GRADE WOMEN 200 M DASH PRELIMINARIES
8th GRADE MEN 200 M DASH PRELIMINARIES

7th GRADE GIRLS 1600 M RUN FINAL
7th GRADE BOYS 1600 M RUN FINAL
8th GRADE WOMEN 1600 M RUN FINAL
8th GRADE MEN 1600 M RUN FINAL

7th GRADE GIRLS 100 M DASH PRELIMINARIES
7th GRADE BOYS 100 M DASH PRELIMINARIES
8th GRADE WOMEN 100 M DASH PRELIMINARIES
8th GRADE MEN 100 M DASH PRELIMINARIES

7th GRADE GIRLS 400 M DASH FINAL
7th GRADE BOYS 400 M DASH FINAL
8th GRADE WOMEN 400 M DASH FINAL
8th GRADE MEN 400 M DASH FINAL

7th GRADE GIRLS 100 M HURDLES PRELIMINARIES
7th GRADE BOYS 100 M HURDLES PRELIMINARIES
8th GRADE WOMEN 100 M HURDLES PRELIMINARIES
8th GRADE MEN 100 M HURDLES PRELIMINARIES

April 27, 2018

STARTING APPROXIMATELY 15 Minutes after Preliminaries

FINALS

7 th GRADE GIRLS	100 M HURDLES
7 th GRADE BOYS	100 M HURDLES
8 th GRADE WOMEN	100 M HURDLES
8 th GRADE MEN	100 M HURDLES
7 th GRADE GIRLS	800 M RUN
7 th GRADE BOYS	800 M RUN
8 th GRADE WOMEN	800 M RUN
8 th GRADE MEN	800 M RUN
7 th GRADE GIRLS	100 M DASH
7 th GRADE BOYS	100 M DASH
8 th GRADE WOMEN	100 M DASH
8 th GRADE MEN	100 M DASH
7 th GRADE BOYS	1600 M RELAY
8 th GRADE MEN	1600 M RELAY
7 th GRADE GIRLS	200 M DASH
7 th GRADE BOYS	200 M DASH
8 th GRADE WOMEN	200 M DASH
8 th GRADE MEN	200 M DASH
7 th GRADE GIRLS	400 M RELAY
7 th GRADE BOYS	400 M RELAY
8 th GRADE WOMEN	400 M RELAY
8 th GRADE MEN	400 M RELAY
7 th GRADE GIRLS	800 M RELAY
7 th GRADE BOYS	800 M RELAY
8 th GRADE WOMEN	800 M RELAY
8 th GRADE MEN	800 M RELAY
7 th GRADE GIRLS	MEDLEY RELAY
8 th GRADE WOMEN	MEDLEY RELAY
	(DISTANCES: 100, 100, 200, 400)