



2023 Alderete & Canutillo Invitational
April 1, 2023
Order of Events

8:00 a.m.

Scratch Meeting

*****Boys – Running Events, Girls – Field Events*****

9:00 a.m.

100 M Hurdles (30")

110 M Hurdles (33")

Running Order - 7th Boys, 8th Boys

2400 M Run

400 M Relay

800 M

100 M

800 M Relay (runners stay in their lane)

400 M

200 M

1600 M

1600 M Relay

Field Events - Girls (3 attempts only)

Shot Put – 7th girls, 8th girls (4K/8.81 lbs.)

Discus – 8th girls, 7th girls (1 kg)

Long Jump – 7th girls, 8th girls

Triple Jump – 8th girls, 7th girls

High Jump – 7th girls(3'6"), 8th girls (3'6")

11:30 a.m.

Running Order - 7th Girls, 8th Girls

2400 M

400 M Relay

800 M c

100 M

800 M Relay (runners stay in their lane)

400 M

200 M

1600 M

1600 M Relay

Field Events – Boys (3 attempts only)

Shot Put – 7th boys, 8th boys (4K/8.8 lbs.)

Discus – 8th boys, 7th boys (1 kg)

Long Jump – 7th boys, 8th boys

Triple Jump – 8th boys, 7th boys

High Jump – 7th boys (3'8), 8th boys (3'8")

Information

- **Runner card closes on Wednesday, March 29th at 7:00 p.m.**
- **Medals will be awarded for 1st, 2nd and 3rd place.**
- **Athletes may participate in a total of 5 events** (with a limit of 3 running events. They may enter 5 field but cannot do any running events.)
- Coaches must direct athletes to stay in designated areas. Only those warming up for events may be on the field.
- Restrooms are available upstairs by the press box and downstairs by the concession stand.
- Please, no sunflower seeds, gum, or Gatorade allowed on the track/football field.
- Team Canopies may be set up high in the stands.
- Please keep the bleachers and field areas clean by using the trash cans.
- Final call will be final call. If athletes are not on the starting line, they will be disqualified. They will be scratched if they do not report to the Clerk of the Course by third and final call.

High Jump: Jumper must jump off of one foot. Crossbar must be measured by the standards and from the center of the bar to the ground to ensure proper height. Bar is to be raised in 2" increments until four jumpers are left, then it will be raised in 1" increments. All are required to jump at a given height before bar is raised (unless the jumper chooses to "pass" on a height or fails to check in within 10 minutes of their event, in this case it is raised to the next height). If bar is knocked down or mat is touched during a run through by the athlete, it is a scratch.

Shot Put: Thrower must enter and exit through the back of the ring. The thrower must start with the shot put aligned with the side of their chin and must release it with a "pushing" motion as opposed to a "throwing" motion.

Discus: Thrower must enter and exit through the back of the ring.

Long Jump: Jumper must jump off of one foot. If two feet are used, it is counted as a scratch.

Triple Jump: Sequence is hop, step, and jump.

*****Measurements shall be recorded to the nearest lesser ¼ inch*****