



Tongue River Invitational Track Meet
Tongue River High School
Friday – April 27, 2018

GENERAL INFORMATION & INSTRUCTIONS

- BUS PARKING:** Athletes can be dropped off at Track – Bus Parking along Service Road to Track.
- SANCTIONED:** This is a WHSAA sanctioned qualifying meet – Hand Held Timing.
- ENTRIES:** Runner Card (www.runnercard.com) – Entries close on Thursday April 26th at noon.
- SCRATCH MEETING:** Team Packets will be available at the Press Box at 9:00 am.
Scratches and Replacements only can be made at that time.
- IMPLEMENT WEIGH:** Shot Put/Discus weighing at the equipment shed (concession building) @ 9:15am.
- TRACK LAYOUT:** 6 Lane all weather rubberized track and runways.
- TEAM CAMPS:** Team Camps can be set up outside the fenced track area on the grass areas.
- TRACK WARM-UP:** The Track will be available for warm-up at 9:00 am.
- SEEDING & ENTRIES:** Athletes will be heated & seeded according to actual or projected entry times. There will be no finals. Unlimited entries - four events maximum per competitor.
- VALUABLES:** Sheridan County School District #1 will not be responsible for any personal belongings or school items lost.
- SPIKES:** 1/8" Pyramid Spikes or Running Flats Only.
- MEET START:** **10:00 am Field Events** **11:00 am Running Events**
- FIELD EVENTS:** Report at **9:45 am**. Events begin at **10:00 am (no pole vault event)**
All Field Events will receive 4 attempts with no finals. Ribbons Awarded places 1-6
- RUNNING EVENTS:** **Begin at 11:00 am. 1600 Medley will replace 4 x 800 relay.** (All Timed Finals).
- ENTRY FEE:** \$50 per Team (\$100 per school) – Please bring vouchers payable to TRHS
- RESTROOMS:** Locker Rooms will not be available – Restrooms and Concessions are available at track.

TONGUE RIVER "PRE-PROM" INVITATIONAL
April 27, 2018 - Order of Events

Field Events

10:00 AM

- Boy's Long Jump
- Girl's Triple Jump
- Girl's High Jump
- Girl's Shot Put
- Boy's Discus

Immediate Following Events:

- Girl's Long Jump follows Boys L.J.
- Boy's Triple Jump follows Girls L.J.
- Boy's High Jump follows Girls H.J.
- Boy's Shot Put follows Girls S.P.
- Girl's Discus follows Boys Discus

Running Events

11:00 AM

1600 Medley Relay	G/B	Finals
100 Meter Hurdles	G	Finals
110 Meter Hurdles	B	Finals
100 Meter Dash	G/B	Finals
1600 Meter Run	G/B	Finals
400 Meter Relay	G/B	Finals

30 Minute Lunch Break

400 Meter Run	G/B	Finals
300 Meter Hurdles	G/B	Finals
800 Meter Run	G/B	Finals
200 Meter Dash	G/B	Finals
3200 Meter Run	G/B	Finals
1600 Meter Relay	G/B	Finals