

**Evanston Middle School Track Meet 4/26/19**

**Location- 701 W. Cheyenne Dr.**

**Scratch meeting @ 9:30 AM (press box), Coaches meeting @ 9:45 in the brown shed**

**Field Events start @ 10:00 AM**

**Running Events start @ 11:00 AM**

All athletes need to be signed up on **runner card**, we will close it at 10:00 PM Thursday night.

**PLEASE put times/marks in for all athletes, especially your better athletes**, we will have our better heats/flights go first in events and we want them to get the best competition. We have unlimited entries in events but please use discretion, we have over 1300 athletes competing in this meet and we don't want to have to turn the lights on this year:). All heats will be hand held; we will have 2 sets of timers.

**All team camps** will be in the southwest bleachers; we want to leave the north bleachers (by the finish line) open for spectators.

**Restrooms** are located on the North West side of the field, next to concessions stand. Please let your athletes and parents know we will have a concession stand open all day.

**Field Events:**

We will mark the first legal jump for each athlete, after that they must meet the minimum distance to get marked.

Long Jump: 8th boys 13', 8th girls 11', 7th boys 11', 7th girls 10'

Triple Jump: 8th boys 28', 8th girls 24', 7th boys 24', 7th girls 22'

High Jump: We will raise bar to opening height and give kids 15 minutes to clear it and then they will get on the list and we will run it normally.

High Jump Opening Heights: 8th boys 4'6", 8th girls 4'2, 7th boys 4'0", 7th girls 3'10"

**Order of Field Events**

North Pit - 7th boys long, 8th boys long, 8th boys triple

Southwest Pit - 8th girls long, 8th girls triple, 7th boys triple

Top Pit (above concessions) - 7th girls long, 7th girls triple

High Jump - 8th boys, 7th boys, 7th girls, 8th girls

All 4 rings will be used for shot and disc. We will mark all 3 throws, and measure the longest. We will provide discs and shots up at the rings for competition.

Shot Ring 1 - 7th boys, 7th girls

Shot Ring 2 - 8th boys, 8th girls

Disc Ring 1 - 7th girls, 7th boys

Disc Ring 2 - 8th girls, 8th boys

## **Evanston Middle School Track Meet 4/26/19**

**Location- 701 W. Cheyenne Dr.**

### **Order of Running Events**

1600 Meter Run (depending on # of athletes different divisions may run together)

100 Meter Hurdles

100 Meter Dash

400 Meter Dash

4 X 100 Relay

200 Hurdles

800 Meter Run

200 Meter Dash

4 X 200 Relay- 3 turn stagger (4x100 arrows), 3rd runner cuts in

4 X 400 Relay- 3 turn stagger, 2nd runner cuts in

### **Equipment**

Blocks will be provided

1/8" spikes only

4K shot

Boys 100 hurdles 33"

Boys/Girls 200 hurdles 30"

Girls 100 hurdles 30"

### **FINALS: ALL EVENTS ARE FINALS**

Running Events: All running events will be held as finals.

Each running event will be allowed one false start before disqualification.

### **RUNNING EVENTS ARE PRIORITY; WE WILL NOT WAIT FOR ATHLETES FOR RUNNING EVENTS.**

Field Events: All field events will be held as finals. All participants will be given (3) trials. Please make sure your athletes understand that they need to report and then return immediately from running events.

### **RUNNING EVENTS ARE PRIORITY; WE WILL NOT WAIT FOR ATHLETES FOR RUNNING EVENTS.**

Questions: If you have any questions, please call our Activities Office (307)789-7697

Your coaches will not need to work an event, but we do ask that you would help to keep camp areas clean (we will provide garbage bags at coaches meeting) we also would ask that you be patient with us as we run through the meet, there will be roughly 1300 athletes competing and we will do our best to keep things running efficiently.

**Evanston Middle School Track Meet 4/26/19**

**Location- 701 W. Cheyenne Dr.**

\*EMS/DMS may start their athletes earlier in the long jump and the throws in order depending on numbers and to try to speed things along.