

Dear Coaches:

The Dubois Invitational Track Meets will be held on Friday, April 28, 2017. The Youth Meet will be run at the new OLD high school track, located at 314 Helmer the Junior High Meet will be run at the new K-12 building (we already have all the hurdles there). We will recruit as many helpers as we can but in order to make two meets work, I will have to assign coaches to help with field events and possibly timing. Field events will start at 10:00 a.m., and running events will start at 11:30 a.m.

Schools Invited

Fort Washakie	Wyoming Indian	Arapahoe	Dubois
St. Stephens	Wind River	Trinity Lutheran	Shoshoni

Entries

Entries must be entered on Runnercard.com. The meet is listed as Dubois Youth Invitational 2017 and Dubois Junior High Invitational 2017.

PLEASE PAY CLOSE ATTENTION ON HOW TO ENTER RUNNERS FOR THE FOLLOWING RACES:

Failure to follow instructions may result in your athlete being heated improperly.

Enter your top five runners for the 100M dash, and 100H as 15.00, 16.00, 17.00, 18.00, and 19.00. Enter the remaining runners at 20.00.

Enter your top five runners for the, 200M dash and 200H as 30.00, 31.00, 32.00, 33.00, and 34.00. Enter the remaining runners at 35.00.

Enter your top five runners for the 400M dash as 1:00, 1:05, 1:10, 1:15, and 1:20. Enter remaining runners at 1:25.

All running events will be run as finals.

Entry Limit

Each participant will be limited to five (5) events. This includes at least one relay, at least one field event, and at least one running event. A runner may run in no more than three (3) events over 400 meters, including relays.

Deadlines

Runnercard entries will shut down at 6 p.m. Thursday, April 27, 2016. **After that no entries will be allowed.**

Friday morning there will NOT be a scratch meeting, if you have kids who don't show, we will scratch them at the event or race. I will NOT have a computer up and running at the meet, all the results will be posted later.

Scoring

Ribbons will be given for 1st through 6th places.

Scoring will be 10, 8, 6, 4, 2, and 1 point for respective places.

High Jump starting heights

Youth Girls	3'2"	Junior High Girls	3'8"
Youth Boys	3'6"	Junior High Boys	4'2"

Shot Put

Youth will throw a 6 lb. shot, Junior High will throw an 8 lb. shot. We will have the athletes throw all three throws consecutively and measure the farthest throw.

Discus

Everyone will throw a 1.0 kg discus. We will have the athletes throw all three throws consecutively and measure the farthest throw.

Hurdles

In the 55 meter will be run on at 30". 100 meter hurdles, the Junior High girls will run on 30" hurdles, and the Junior High boys will run on 33" hurdles. Hurdles will be placed on the yellow marks. (10 flights)

In the 200 meter hurdles, both boys and girls will run over 30" hurdles. These hurdles will be placed on the red marks. (6 flights)

Concessions

THERE WILL BE A CONCESSION STAND

Lunch

We will have a hospitality area for coaches and workers for lunch.

Rest rooms will be available at the track meet. Locker rooms will not be opened. Please have your teams keep their camp areas clean.

Thanks,

Tina Baker
Athletic Director

DUBOIS YOUTH INVITE – APRIL 28, 2017

Order of Events

Coaches Meeting-----9:30

Field Events-----10:00

Running Events-----11:30

FIELD EVENTS (10:00)

High Jump – Youth boys followed by Youth girls,
Starting heights for the Youth girls is 3’2”; *Youth boys is 3’6”;*

Long Jump Youth Girls (North Pit), Youth Boys (South Pit)

Shot Put Youth-Boys followed by Youth Girls.
Youth boys and girls use an 6# shot.

Discus Youth Girls followed by Youth Boys

RUNNING EVENTS (11:30)

1600 METER RUN

55 METER HURDLES

100 METER DASH

800 METER RELAY

400 METER RUN

400 METER RELAY

800 METER RUN

200 METER DASH

800 METER MEDLEY RELAY YOUTH GIRLS & BOYS (100,100,200,400)