

# HAYS MIDDLE SCHOOL INVITATIONAL TRACK MEET

THURSDAY, April 29, 2021

At Hays High School

2300 E 13<sup>th</sup> Street

|                 |              |                 |                   |
|-----------------|--------------|-----------------|-------------------|
| <b>SCHOOLS:</b> | Hays Middle  | TMP             | Great Bend        |
|                 | Salina South | Salina Lakewood | Dodge City Middle |
|                 | McPherson    | Garden City HG  |                   |
|                 | Scott City   | DC Comanche     |                   |

**ATHLETES MAY NOT GO INSIDE THE HIGH SCHOOL FOR ANY REASON!!!** Restrooms are available inside the gym commons area for coaches. Athletes use porta-pots or the restrooms at the baseball field. Please have your athletes come dressed as there are no dressing facilities available.

Use ¼" spikes on track and runways! NO SPIKES ON BLEACHERS!

Concessions will be available.

Hospitality Room for coaches, bus drivers, administrators and meet workers.

**COACHES MEETING: 9:15 am in the hospitality building.**

**FIELD EVENTS: 10:00 am 3 throws or attempts per athlete.**

**RUNNING EVENTS: 10:15 am 3200 M (8<sup>th</sup> Grade Girls & Boys together)**  
**11:00 am All other running events start.**  
**All running events are finals against time.**

## ***HAYS MIDDLE SCHOOL INVITATIONAL ORDER OF EVENTS***

### **Track Meet Begins @ 10:00am**

#### **Field Events (Start at 10:00)**

Shot Put-7G, 8G

Shot Put-7B, 8B

Discus-8G, 7G

Discus-8B, 7B

High Jump-7G, 8G

High Jump-7B, 8B

Long Jump-8G, 7G

Long Jump – 8B, 7B

Triple Jump-7B, 7G, 8B, 8G

Pole Vault-7B & 8B together followed by 7G & 8G together.

**Running Events (Running Order 7G, 8G, 7B, 8B)**

**10:15 am**

3200M Run – Boys & Girls together

**11:00 am**

100M Hurdles

100 M Dash

1600M Run

4 X 100M Relay

400M Dash

4 X 200M Relay 800M Run (lane start)

Medley Relay (100, 100, 200, 400)

200M Hurdles

200M Dash

4 X 400M Relay

| <b>Shot Put West Ring</b>                        | <b>Shot Put East Ring</b>                         | <b>Discus North Ring</b>   | <b>Discus South Ring</b> |
|--|---|--|--------------------------|
| 7B, followed by 8B                               | 7G, followed by 8G                                | 8G, followed by 7G   | 8B, followed by 7B       |
| <b>Long Jump NE Pit</b>                          | <b>Long Jump NW Pit</b>                           | <b>Triple Jump South Pit</b>   |                          |
| 8B, followed by 7B                               | 8G, followed by 7G                                | <b>7B, 7G, 8B, 8G</b>  |                          |
| <b>High Jump Pit #1</b>                          | <b>High Jump Pit #2</b>                           | <b>Pole Vault</b>  |                          |
| 7G, followed by 8G<br>7G open 4'<br>8G open 4'2" | 7B followed by 8B<br>7B open 4'4"<br>8B open 4'6" | 7 & 8 boys together<br>7 & 8 girls after boys<br>Boys open 6'<br>Girls open 5'6" |                          |