

2019 COLONIAL INVITATIONAL

JUNIOR HIGH TRACK AND FIELD

GENERAL

1. All entries must be received by Noon, **Wednesday, May 8th**. *Because we are using DirectAthletics this season – there will be no exceptions for late entries – the process will be completely online! Don't worry it's simple – plus your varsity coach can help as this is the program all of our meet entries are through. **This deadline was extended per the request of the coaches so that you have the opportunity to run your last meet of the season and use those marks for your athletes.***
2. All entries must be performed at a meet.
3. A training room and trainer will be available. Please bring your own supplies.
4. A concession stand will be available.
5. T-shirts will be sold (2019-\$10, other \$5)
6. Event Results will be posted and emailed after the meet. We will not distribute hard copies after the meet.
7. Please make sure all spikes are no longer than 3/16th
8. All events will have a 1st, 2nd and 3rd call. It is important that your athletes check in as soon as they hear 1st call for the event.
9. The football practice field will be the designated areas for teams to set up tents, etc.
10. We will provide substitutions cards the day of the meet.

TRACK EVENTS

1. Two entries per event.
2. There will be trials in the 100, 200 and 100H. All other events will be seeded and run as timed finals.
3. Advancement formulas for sprint events will be announced at the coach's meeting.
4. Blocks will be provided
5. Scratches are discouraged, but will be made at the check in for each event.

FIELD EVENTS

1. Three throws/jumps per event
2. Top 7 will advance to finals
3. Finals will immediately follow the trials, don't wonder off!
4. If an athlete is running and competing in the field, please check out of your event at 1st call and return as soon as your running event has concluded. Athletes who check back in will be given sufficient time to recover.
5. Throwing implements will be provided for competition
6. Opening height in high jump will depend on the field and be announced at the coach's meeting (in the past 4'2 for girls, 4'8 for boys)

AWARDS

1. We will award medals to the Top 6 performances in each event
2. Athletes should report directly to the medal stand at the conclusion of the finals in their event
3. All athletes must be wearing school issued uniforms on the medal stand