Concordia- Track Invitational

DATE: 5/5/2022

TIMES: 2:00 PM Field Events

3:15 3200 Meters

4:00 Running Events

LOCATION: Howard M. Clark Stadium

CONCESSIONS: Concessions are available

PARTICIPANTS: Abilene, Beloit, Clay Center, Concordia, Marysville, Minneapolis, Republic County, Smith Center

MEDALS: Medals will be awarded to the top three in each event. Results will be announced and posted in the press box. Coaches will be able to pick up their packets of medals after the meet in the press box.

\*No tents or camp areas will be allowed on the football field or anywhere inside the track area.

\*No food is allowed on the turf areas or infield.

\*Sunflower seeds especially should be kept off the turf areas.

EVENT INFO

1. Times: Discus and Javelin will begin at 2:00 as well as the girls pole vault followed by the boys pole vault. Girls & boys shot put will be held at the conclusion of the discus & javelin and will be held at the stadium.

The remaining field events will begin at 2:30.

No Preliminaries. Slowest heats will be run first

2. Maximum of three entrants per event and one team per relay.

3. Each contestant may enter 4 events

4. Discus and javelin are held outside the stadium complex at the middle school site.

Transportation for the athletes will be provided at the northeast corner of the football field. Bus 98-1 will leave for Middle School at 1:45pm and constantly move back and forth between sites. Please make sure your athletes are supervised while at the middle school. Concordia Jr/Sr High School will not be responsible for any accidents that occur.

5. In all field events, other than the High Jump and Pole Vault, all contestants will have three attempts, no finals.

6. Spectators are asked to stay in the stands. Coaches and participants are the only personnel allowed on the track/infield please.

7. Six places will be awarded and scored; 10-8-6-4-2-1. Relays scored; 10-8-6-4-2.

8. CHS will provide starting blocks.

9. Participants should wear 1/4" spikes on the rubberized track surfaces and runways.

Shot and discus are thrown from concrete surfaces. Discus and Shot Put areas are concrete

10. Heats will be established based on submitted times. Slowest heat will run first

11. Listed on the next page are the approximate times of all events.

ORDER OF EVENTS

2:00 8 Boys/ 8 Girls Javelin - Middle School

Followed by 7 Boys/7 Girls

7 Boys/7 Girls Discus - Middle School

Followed by 8 Boys/ 8 Girls

7 Girls/ 8 Girls Combined Pole Vault - Top of Stadium

Followed by 7 Boys/ 8 Boys Combined Pole Vault

Shot Put will begin after the completion of the discus and javelin

7 Girls/ 8 Girls Shot Put (Main Complex south of press box)

7 Boys/ 8 Boys Shot Put (Main Complex south of press box)

7 Girls/ 8 Girls Long Jump followed by 7 Girls/ 8 Girls Triple Jump (South Pit)

7 Boys/ 8 Boys Long Jump followed by 7 Boys/ 8 Boys Triple Jump (North Pit)

7 Boys / 8 Boys High Jump (East Pit)

7 Girls/ 8 Girls High Jump (West Pit)

3:15 - 3200 Meter Run (7th and 8th Girls followed by 7th and 8th Boys)

4:00 (Running Events: 7th Girls, 7th Boys, 8th Girls, 8th Boys)

100 Hurdles

100 Meter Dash

1600 Meter Run (Combination of heats based on entries)

4 x 100 M Relay

400 Meter Dash

4 x 200 M Relay

800 Meter Run

200 Meter Hurdles

200 Meter Dash

4 x 400 Meter Relay