



# Jack Thomas Invitational @ Hill City



Monday April 25, 2022  
Hill City High School Track

ENTRIES: Will be done at [www.directathletics.com](http://www.directathletics.com) and you can enter up to 4 entries per event. Must be posted by Sunday, April 24, by 4:00 p.m.

Div. 1 is 7<sup>th</sup> grade and Div. 2 is 8<sup>th</sup> grade.

Entry Fee: \$125.00

SCORING: 10-8-6-4-2-1

AWARDS: Medals for top three places

SPIKES: 1/4 inch or shorter. **NO SPIKES IN STADIUM**

#### RUNNING EVENTS:

- **All races will be finals there will be no preliminaries**
- 400 M dash will be run in lanes all the way
- Sixth graders will compete in the seventh grade division with all points counting in the seventh grade point total (6<sup>th</sup> graders are a part of the 7<sup>th</sup> grade team)

FIELD EVENTS: Will start at 10:00. Please remind your athletes to stay off the pits upon completion of the high jump and pole vault events  
Three (3) attempts will be granted in all throwing events, long jump and triple jump.

RUNWAY/TRACK MARKING: We ask that you **do not use chalk** to mark on the track or on the runways for long jump, triple jump, high jump, javelin or pole vault. If using tape please remove your tape after you are finished.

Coaches Meeting: **Will be done in the weight room beginning at 9:30 AM (NO ADDITIONS or SUBSTITUTIONS) ALL SCRATCHES MUST BE MADE AT THIS TIME.**

FIELD EVENTS: We will be running two rings or pits in the following events: Shot Put, Discus, Javelin, Long Jump, Triple Jump, and High Jump.

TEAMS ATTENDING: Ellis, Hill City, Hoxie, Golden Plains, Logan, Ness City, Norton, Phillipsburg, Stockton, Trego

CONCESSION STAND: We will have a concession stand available.

## ORDER OF EVENTS

### 3200 METER RUN AT 11:00 AM = 7G-7B-8G-8B

#### FIELD EVENTS/ASSIGNMENTS (10:00 AM)

7B Shot---8B (4Kg)  
7G Shot---8G (6 lbs)  
8B Discus---7B  
8G Discus---7G  
7G, 8G Pole Vault---7B, 8B  
7G Long Jump---8G  
7B Long Jump---8B  
8B Triple Jump---7B  
8G Triple Jump---7G  
8B High Jump---7B  
8G High Jump---7G  
7G Javelin(East Runway)---8G  
7B Javelin(West Runway)---8B

#### RUNNING EVENTS (Shortly after 3200)

7G 100M hurdles  
7B 100M hurdles  
8G 100M hurdles  
8B 100M hurdles  
7G 100 M  
7B 100 M  
8G 100 M  
8B 100 M  
7G 1600M  
7B 1600M  
8G 1600M  
8B 1600M  
7G 400M relay  
7B 400M relay  
8G 400M relay  
8B 400M relay  
7G 400M  
7B 400M  
8G 400M  
8B 400M  
7G 800M relay  
7B 800M relay  
8G 800M relay  
8B 800M relay  
7G 800M  
7B 800M  
8G 800M  
8B 800M  
7G 200M hurdles  
7B 200M hurdles  
8G 200M hurdles  
8B 200M hurdles  
7G 200M  
7B 200M  
8G 200M  
8B 200M  
7G 1600M relay  
7B 1600M relay  
8G 1600M relay  
8B 1600M relay