

TO: Jr. High Track Coaches/AD'S

RE: Elwood Junior High Track and Field Invitational

Dear Coaches/AD's:

Enclosed, please find information and entry sheets for the Elwood Jr. High Track Invitational to be held Tuesday, April 18, 2017. The entry fee for our meet is \$70.

Because of the Easter break, entries are due no later than 3:00PM Monday, April 10. Please include a separate roster of your athletes. You may either use the attached form or if you already have an existing list of your own just send that. The entry and roster forms attached to this email (and also posted on our website) are editable PDF's which you may save on your computer, type into, save and email back to us. Any team that does not have entries in by that date will have athletes entered as no time. You may email scratches and adds to us up until 3:00PM. Monday, April 17. Please email these changes to jim.kleine@elwoodpirates.org There will be heat sheets posted to our school website as soon as possible. These can be viewed by going to our school site

<http://elwood.k12.ne.us/sports.html>

We anticipate using our own people to run off all events. If we run short, we will ask for help.

If you have additional questions or if problems arise, please contact me.

Kurt Banzhaf, Athletic Director

Participating Teams

AMHERST  
EUSTIS/FARNAM

BERTRAND  
LOOMIS

ELM CREEK  
OVERTON

ELWOOD  
SEM



# **GENERAL INFORMATION**

## **ELWOOD JUNIOR HIGH TRACK INVITATIONAL AT ELWOOD**

### **MEETING ENTRY REGULATIONS:**

An athlete may enter no more than 4 total events. A school may enter only 1 relay team in each relay. A school may enter only 3 athletes in each event.

### **SCORING AND PLACING:**

We will award 6 ribbons for the first six places in each event.

### **RUNNING EVENTS:**

Elwood has a rubberized track. Only soft-soled shoes or spikes 1/8" or less will be allowed.

**ALL RUNNING EVENTS WILL BE AGAINST TIME. THERE WILL BE NO PRELIMS FOR THE RUNNING EVENTS.**

### **FIELD EVENTS:**

In the long jump, triple jump, shot put and discus each participant will be allowed three jumps or throws. There will be no finals.

Opening heights for high jump & pole vault will be established by the entries.

Running events take precedence over field events at all times. Should an athlete be competing in a field event when a running event is announced, they should inform the person controlling the field event and report to the track. We will attempt to give each athlete at least one jump or throw before they must run.

NOTE HURDLES: 100 meter hurdles for girls are 30". 110 meter hurdles for boys are 33".

### **MISCELLANEOUS:**

There will be no dressing rooms available. Restrooms are available at the track.

We are not responsible for valuables.

Buses should park on the street on the north side of the football field. Please clean up your school's area on the football field and around your bus before leaving.

Heat sheets will be available at 1:15 in the social studies room, room #5.

Ribbons may be picked up by the coaches after the last event. Results will be available on the school website listed in the letter.

