



# Bowling Green Middle School Track Invitational April 17<sup>th</sup>, 2012 (4:00 pm)

- Meet Director:** Matt Chance, Activities Director, Head Track and Cross Country,  
573-324-5341 - Office, 573-324-3011 - Fax, [mchance@bgschools.k12.mo.us](mailto:mchance@bgschools.k12.mo.us)
- Entries Limits:** 2 per event and 1 relay team – No additions on the day of the meet.
- Entries:** Entries are due no later than Monday, April 16<sup>th</sup> at 3:00 pm. [Online Entry Form](#)
- Coaches when you set up your roster you must select Middle School for the Division**
- Scratches/Changes:** Coaches can manage their roster until, Tuesday, April 17 at 9:00 a.m. [Scratches/Changes](#)
- Performance List:** [Performance List](#)
- Heat/Flight Sheets:** [Heat/Flight Sheets](#)
- Entry Fee:** \$200.00 (\$100 for Boy's and \$100 for Girl's)
- Time Schedule:** Field Events – 4:00 pm, Running Events – 4:30 pm
- Timing:** Only the top 8 times will be recorded in the 800, 1600, and 3200 meter run.
- Scoring:** Boy's and Girl's to be scored separately.
- Awards:** Medals will be awarded to the top 6 relay teams and the top 6 individuals.
- Work Assignments:** Each school will be asked to run off one field event or help with the running events.
- Teams Invited:** Centralia, Clopton, Montgomery County, Community R-6, Mark Twain, North Callaway, Wellsville, Middletown, Elsberry, Winfield, Palmyra, Wright City, Van Far, Bowling Green
- Website Questions:** Rich Schilling – 314-522-6176 – [rich@trxctiming.com](mailto:rich@trxctiming.com)

## BOWLING GREEN MIDDLE SCHOOL INVITATIONAL

1. Athletes limited to 4 total events, but one must be non field or non running.
2. No preliminaries. All dashes will be run in heats for time.
3. Each team is limited to 2 entries per event. One entry in the relays.
4. Medals will be given for the first 6 places in all events. These will be distributed to the coaches at the conclusion of the meet.
5. Scoring is 10-8-6-5-4-3-2-1. For ties, the points are divided and athletes flip a coin for the medal.
6. The surfaces of the shot and discus rings are concrete.
7. The track and other field event areas are covered with an all-weather rubber surface. Only 1/8" or "3'16" spikes or smaller will be allowed. Also, we will supply starting blocks.
8. No tape on the track or runways.
9. There will be 3 trials in field events.
10. The starting height for the high jump will be determined after looking at all entries.
11. Time limit for long jump and triple jump will be 1 hour.
12. The starting height for the pole vault is lowest possible height.
13. The 400 meter dash will be run in lanes all the way, as will the 400 and 800 relays.
14. The 4 x 400 meter relay will be run with a 3 turn stagger.
15. The 1600 will be run in 1 turn stagger.
16. A concession stand will be open.
17. Each team is responsible for its own valuables. No locker rooms will be available, athletes should come prepared for events.
18. No participants are allowed around the finish. The bullpen area is at the north end of the track.
19. Admission for spectators will be \$2.00 for adults and \$1.00 for students.
20. No spikes in the bleachers and please stay off the football field.
21. All participants must be in school uniform.
22. No radios or other nuisance items.
23. Only authorized personnel in the press box.
24. Participants and coaches: Please stay away from the finish line during all running events. During field event competition, all non-participants and coaches should vacate the area.
25. Coaches box is in the stands and on the outside of the track fence.

COACHES: Please inform your athletes of these rules and help us enforce them.