

Jefferson High School Track Invitational

Saturday, April 24, 2010

www.jeffinvite.org

Welcome to the Jefferson Track Invitational. **All events will be seeded and require advance electronic entry.** We will be using the **Athletic.net** website. Each Coach will need to create a free account in order to enter.

1. All running events, high jump, and long jump are on our Polyurethane track. Shoes will be ¼" pyramid spikes only. No pin/needle type spikes.
2. \$5.00 admission charge. **School Buses** - Please park at the Middle School lot on N. Stony Creek Road (on opposite side of track).
3. Concession stand will be open all day.
4. Medals will be awarded for the first **six places** (each event), and **1st, 2nd and 3rd place** teams will receive a trophy.
5. All athletes not involved in an event will be expected to stay out of the track area. Coaching area is outside the Black fence surrounding the track and the flagged section in the throws area. All events have good visibility.
6. Shot put and discus are outside the big fence near the practice football field.
7. Each school is allowed **two** entries per event and **one** team per relay.
8. Starting blocks will be provided, although you may bring your own, provided they have a maximum of ¼" spikes
9. Relay cards will be furnished and should be handed in to the clerk prior to that race.
10. No "Boom boxes" footballs or frisbees will be allowed inside the fenced in area.
11. Please have your teams pick up trash around their areas.
12. Entry fees (\$180.00 for both teams, \$100.00 for one) are to be sent to, Jefferson High School, Athletic Department, 5707 Williams Rd. Monroe, MI 48162 by April 19, 2010

**Official Jefferson Invitational T-Shirts will
be available for \$12.00.**

Jefferson Invitational Time Schedule

8:45 AM Coaches Meeting in stands in front of press box

9:00 AM Boys discus and long jump first. (Followed by Girls discus and long jump)
Girls high jump and shot put first. (Followed by Boys high jump and shot put)

10:00 AM Preliminaries

Boys 100 M Dash

Girls 100 M Dash

Boys 110 M Hurdles

Girls 100 M Hurdles

Boys 200 M Dash

Girls 200 M Dash

Boys 3200 M Relay (**Finals**)

Girls 3200 M Relay (**Finals**)

To Follow Semi Finals

Boys 100 M Dash

Girls 100 M Dash

Boys 110 M Hurdles

Girls 100 M Hurdles

Boys 200 M Dash

Girls 200 M Dash

Finals will begin 30 minutes after semi finals

Boys - 110 M High Hurdles

Girls - 100 M High Hurdles

Boys - 100 M Dash

Girls - 100 M Dash

Boys - (2 heats) 4 X 200 M Relay

Girls - (2 heats) 4 X 200 M Relay

Boys - 1600 M (2 Heats) If more than 20 entries

Girls - 1600 M (2 Heats) If more than 20 entries

Boys - (2 heats) 4 X 100 M Relay

Girls - (2 heats) 4 X 100 M Relay

Boys - (4 heats) 400 M

Girls - (4 heats) 400 M

Boys - 300 M Hurdles 36"

Girls - 300 M Hurdles 33"

Boys - (2 heats) 800 M

Girls - (2 heats) 800 M

Boys - 200 M

Girls - 200 M

Boys - 3200 M

Girls - 3200 M

Boys- (2 heats) 4 X 400 M Relay

Girls - (2 heats) 4 X 400 M Relay