

Event: River Valley High School Track & Field Invitational  
Date: Thursday, April 4, 2024  
Time: **Field events @ 4:30 PM; Running Events @ 5:00 PM**  
Location: River Valley High School  
Entries: Due on baumspage by **10:00 AM Thursday, April 4, 2024**. Scratches/substitutions may be made up until 4:00 PM in person, via text, cell or e-mail (contact information below). After this time, no changes (other than relay team substitutions) will be permitted for any reason. You may enter two entries per individual event and one entry per relay team.  
Heat Sheets: Preliminary heat/lane/flight assignments (heat sheets) will be emailed to all coaches by Noon Thursday. This will be your opportunity to review your entries to ensure you have athletes entered in the correct events, make adjustments due to absences, etc. Please report any changes immediately to Terry Young **but no later than 4:00 PM**. 740-517-0195 / terry@baumspage.com  
Bus Parking: Please ask your bus driver to drop off athletes at the front gate and park the bus on the opposite side of the school in the bus loop by the Softball/Baseball fields.  
Packets: Pick up at the finish line upon arrival (relay cards, pole vault certification form, athlete verification form, program, etc.).  
Field Events: All events are finals only and will begin with girls high jump, girls pole vault, girls discus, boys shot and boys long jump. Depending on the number of entries, pole vault may be combined.  
Shot/Discus: Located behind the home side bleachers. All implements for both genders must be inspected and weighed-in at the brown brick building between 3:30 and 4:30 PM. Implements will be marked and returned to the athletes. Any implement that does not pass inspection will be confiscated until the conclusion of the event. Format is 2-2.  
Pole Vault: All poles for both genders must be inspected at the trainer's tent behind the finish line tent between 3:45 and 4:15 PM. Athletes must have completed pole vault certification form before they report for the inspection. Opening heights will be determined by the referee.  
Long Jump: Open pit format. Boys will compete from 4:30 to 5:45. Girls will compete from 5:45 to 7:00.  
High Jump: Opening heights will be determined by the referee.  
Running: Begin at 5:00 with girls or combined 4x800. All events will be timed finals. All times will be FAT times (FinishLynx). All running event athletes will need to report to the tent at the 50 yard line to obtain a hip number BEFORE they report to the clerk. The athlete check-in area/bullpen will be at the start of the 100 for ALL running events EXCEPT for the 200m events, which will be at the start of those respective races.  
Awards: 1st, 2nd, and 3rd place trophies for both boys and girls. Medals for top three finishers in each event. Award packets can be picked up in the press box at the conclusion of the meet.  
Track: Eight lane all-weather. Spikes may not have more than 1/4" exposed. No tape may be used to mark on the track. Tennis balls or mini cones are recommended alternatives.  
Team Camps: May be set up beside the home bleachers in the fenced area, anywhere in the visitor side bleachers, or in areas that will not impede the view of spectators or the flow of traffic  
Contact: Michelle Alderman, 740-446-2926, gl\_malderman@gallialocal.org  
Teams: Alexander, Wellston, Meigs, Southern, Gallia Academy, South Gallia, Jackson, River Valley  
Entry Fee: \$100 max per school entry. \$60 per team if only boys or girls. \$15 per individual entry up to 5  
Spectators: Entry fee of \$5.00 per person