



Danbury High School Laker Invitational

Welcome to the 1st annual Danbury Lakers Track Invitational. The meet will be held at Danbury High School on April 14th, 2023. A time schedule is attached.

Teams: There will be 6 teams: Danbury, Fostoria, New Riegel, Vanlue, Fairport Harding, and Monroville.

Cost is \$75 per team.

Entries: Entries will be done online at www.baumspage.com. The window is already open, and it will close at 11:00 AM Friday, April 14. If you have any changes after the deadline, please email them to me if possible. We will accept changes Friday before the meet, but please try to keep them to a minimum. Lane assignments will be posted on baumspage sometime Friday morning.

Sprints: This year, there will be no Semis in the sprints. Instead, we will run them in heats, from slowest to fastest, similar to the 300 M Hurdles and the 400M Dash. So in the 100M Dash, 100/110M Hurdles, the 200 M Dash, the 300 M Hurdles and 400 M Dash, athletes will be placed into multiple heats, run from slower to faster, based on submitted times. However, anyone can score from any heat.

Relays: The 4 X 100 M Relay, the 4 X 200 M Relay, and the 4 X 400 M Relay will be seeded into slow and fast heats, based on submitted times. However, any team can score from either heat. The 4 X 800 M Relay will be run in one heat.

Field Events: Each athlete will get 4 efforts, with no finals. Flights will be seeded so the best entries are in the final flight.

Facilities: We have an 6-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use $\frac{3}{8}$ or $\frac{1}{4}$ inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays. Please supply your own batons.

Concessions: We will have our concession stand open.

Scoring: We will score 6 places, 10-8-6-4-2-1.

Awards: There will be team trophies for the champion and runner-up for each gender. Individually, medals will be given for 1st, 2nd, and 3rd places.

Meeting: There will be a short coaches' meeting at 4:00 at the Finish Line.

Info: For questions or information, please contact: Keith Mora, morak@danburyschools.org

Schedule

Coaches' meeting 4:00 PM.

The meeting will be held at the Finish Line.

Field events

4:30PM

Girls Pole Vault, Boys High Jump, Girls Long Jump (4 attempts, no finals) Girls Shot put (4 attempts, no finals) Boys Discus (4 attempts, no finals)

Remaining field events will be run upon completion of the others. Use your own implements. We will weigh them at the Finish Line.

Running events

6:00PM

Girls 4 X 800 M Relay

Boys 4 X 800 M Relay

Girls 100 M Hurdles (2 to 3 heats)

Boys 110 M Hurdles (2 to 3 heats)

Girls 100 M Dash (2 to 3 heats)

Boys 100 M Dash (2 to 3 heats)

Girls 4 X 200 M Relay (1 or 2 heats)

Boys 4 X 200 M Relay (1 or 2 heats)

Girls 1600 M Run

Boys 1600 M Run

Girls 4 X 100 M Relay (1 or 2 heats)

Boys 4 X 100 M Relay (1 or 2 heats)

Girls 400 M Dash (2 to 3 heats)

Boys 400 M Dash (2 to 3 heats)

Girls 300 M Hurdles (2 to 3 heats)

Boys 300 M Hurdles (2 to 3 heats)

Girls 800 M Run (1 or 2 heats)

Boys 800 M Run (1 or 2 heats)

Girls 200 M Dash (2 to 3 heats)

Boys 200 M Dash (2 to 3 heats)

Girls 3200 M Run

Boys 3200 M Run

Girls 4 X 400 M Relay (1 or 2 heats)

Boys 4 X 400 M Relay (1 or 2 heats)