



JOHN GLENN STS-95 TRACK and FIELD INVITATIONAL 2016

Notes:

Coaches- Thanks for your participation in this track event. Please read thru the following information and text or call me if you have any questions or concerns.

Changes from the initial letter sent out-

We will now be Using two pits for the High Jump. Both Boys and Girls High Jump will be at 3:30.

Minimal Standard Changes—Girls pole Vault from 8-0 to 7-6

Boys 1600m to 5:30

Girls 1600m to 6:30

Boys 3200m to 11:45

Girls 3200m to 13:45

Girls 400m to 1:12

Boys 400m to 59

Field Events: *Starting Heights-They are the following:*

Boys High Jump 5-6

Girls High Jump 4-6

Boys Pole Vault 10ft

Girls Pole Vault 7-6

Shot and Disc-Every athlete will get one mark. After the first throw if they do not cross the minimal distance lines they will not be marked. We will be doing finals in the Shot and Discus—the top 9 Marks will move on to the finals. Weigh in will take place at the MAC center next to the track.

Minimal Mark lines

Boys Shot- 35 feet

Boys Discus- 100ft

Girls Shot- 25 ft

Girls Discus-80 ft

Long Jump-

We will be using flights and will have finals in this event. Please keep athletes from checking out early for running events.



JOHN GLENN STS-95 TRACK and FIELD INVITATIONAL 2016

Triple Jump—The top 16 distances in this event will compete. Athletes will get 4 Jumps with no finals. If your athlete doesn't make the cut, coaches will be notified and allowed to enter those kids in another event.

Running Events

Each athlete will be assigned a hip number which identifies the athlete in the Hytek system. Athletes need to pin them on their left hip or left side. Pins will be provided for all your athletes. Throwers can place the Bib numbers on the rear of their jerseys. Athletes will also place their competitor number on the left hand in sharpie. Sharpies will be provided.

Bullpen- The bullpen area for all running events will be in the end zone towards the scoreboard. Athletes will be escorted to the start line and placed in the heat waves.

Athletes need to report by third call or will be scratched.

Awards

Athletes or Coaches need to stop at Awards area to pick up individual awards. Individuals will need to sign for all awards. Please wait for the event results to be posted before checking awards area. Individual athletes that win their events will receive a coupon for a free event champion t-shirt courtesy of Hothead's.

Coaches- Please Keep all athletes not competing out of the infield. Athletes are cleared to warmup on the back stretch only. Please monitor your athletes.

Coaches with Infield Lanyards are allowed only in the coaching boxes provided for each event.

Gate Admission- \$5.00 Adults/ \$3.00 Students



JOHN GLENN STS-95 TRACK and FIELD INVITATIONAL 2016

Teams Attending:

John Glenn
Maysville
Philo
Morgan
West Muskingum
Claymont
Garaway
Zanesville
Steubenville
Wheeling Park
Lagrange Keystone
Cincinnati Sycamore
West Holmes
Cambridge
Reedsville Eastern
Fairfield Union
Utica
Fairfield Christian Academy
Tri Valley
Indian Valley
Buckeye Trail
Belpre
Sheridan
Amanda-Clearcreek



JOHN GLENN STS-95 TRACK and FIELD INVITATIONAL 2016

John Glenn STS-95 Track and Field Invitational

Friday, April 29, 2016

Maysville High School

Time Schedule

Field Events

3:30-4:30—	Boys Triple Jump (4 Jumps) top 18 Jumpers	4:30 Boys Long Jump
	Girls High Jump—starting height 4-6	
	Boys High Jump—starting at 5-6	
	Girls Pole Vault---Starting height 7-6	6:00-Boys Pole VAult
	Boys Discus	6:00-Girls Discus
	Girls Shot	6:00 Boys Shot
		6:30 Girls Long Jump
		8:00-Girls Triple Jump

Finals in Shot, Discus, and Long Jump

3:30-Girls 3200m Run
3:45-Girls 100m Hurdles Prelims
4:00-Boys 110m Hurdle Prelims
4:15-Girls 100m Dash Prelims
4:30-Boys 100m Dash Prelims
4:45-Boys 3200m Relay Finals
5:00-Girls 200m Prelims
5:15-Boys 200m Prelims
5:30-Girls 3200m Relay Finals
5:45-Boys 1600m Sprint Medley (2,2,4,8)
6:00-Girls 1600m Sprint Medley (2,2,4,8)
6:15-Girls 100 Hurdle Finals
6:20-Boys 110m Hurdle Finals
6:25-Girls 100m Dash Finals
6:30-Boys 100m Dash Finals
6:35-Girls 800m Relay Finals
6:50-Boys 800m Relay Finals
7:05-Girls 1600m Run
7:20-Boys 1600m Run
7:40-Girls 400m Relay Finals
7:55-Boys 400m Relay Finals
8:10-Girls 400m Dash Finals
8:30-Boys 400m Dash Finals
8:50-Girls 300 Hurdle Finals



JOHN GLENN STS-95 TRACK and FIELD INVITATIONAL 2016

9:10-Boys 300 Hurdle Finals
9:30-Girls 800m Run
9:40-Boys 800m Run
9:50-Girls 200m Finals
9:55-Boys 200m Finals
10:00-Boys 3200m Run
10:15-Girls 1600m Relay Finals
10:30-Boys 1600m Relay Finals

