

SMITHVILLE TRACK AND FIELD



Tom Lantz Invite

Dear Coach,

We are looking forward to hosting the Tom Lantz Invite on Friday, April 28th, 2022. Included in this letter is important information about the organization of the meet.

The entry fee is \$150 for both teams. If you have not done so, please submit your entry fee as soon as possible.

Entries will be submitted through Baum's Page. The entry window opens on Tuesday, April 25th at 12:00 p.m. and closes Thursday, April 27th at 8:00 p.m. The scratch window will be open until Friday, April 28th at 12:00 p.m. There will be no substitutions accepted after the coach's meeting on Friday.

There will be a brief coaches' meeting at 4:00 at the timing trailer. A coaches' hospitality area will be located on the 2nd floor of the press box. Hospitality room will be available after the coaches' meeting until the start of the girls 3200m run.

Calls will be made from the press box for all events. Please make sure your athletes are aware of the time schedule, give themselves plenty of time to warm up and arrive early enough to check in for their events. To be fair to competitors and coaches who are prepared, field events and running events will begin on time.

Time Schedule:

Pole Vault starts promptly at 4:00 p.m.
girls and boys run together

Remaining Field Events start promptly at 4:30 p.m.
Girls' Discus and High Jump (followed by the boys)
Boys' Shot Put (followed by the girls)
Long Jump (girls and boys run together)

Running Events start promptly at 5:30 p.m.
Girls' 4x800 M. Relay
Boys' 4x800 M. Relay

**Continue with standard order of running events (girls followed by boys)

Field Event Information:

The starting height for girls' high jump will be 4'2 followed by 2" increments until 5'0 and then 1" after that. The starting height for boys' high jump will be 5'2 followed by 2" increments until 6'0 and then 1" after that. Chalk can be used to mark starting point for the athlete's approach.

The starting height for the pole vault will be 6'0 for girls and 8'0 for boys. While this will be run as a combined event, boys and girls will begin the competition at their starting height or higher if they choose to pass.

Long jump will be open pit for 1 hour with no finals. Both boys and girls will complete their 4 trials during that time.

Shot put and discus will be 4 total trials (2 throws/2 throws) with no finals.

Award Information:

Top 6 places will score in individual events and top 5 places will score in relay events.
Top 6 places will receive a ribbon.

A 1st place trophy will be presented to each of the winning boys' and winning girls' team.

Other Meet Information:

Only 1/8" or 1/4" inch pyramid spikes can be worn.

Please do not mark the track with tape or chalk. Tongue depressors or tennis balls may be used for relay exchanges.

Due to congestion at the finish line, please encourage athletes to clear out of the area after their race has finished.

Admission for spectators is \$7.00 for adults and \$4.00 students. The entrance for spectators will be set up along the discus cage.

Admission for your athletes between the different venues is their uniform. Please let your athletes know their uniforms need to be visible if they plan to travel between the throwing events and the track area.

We, at Smithville High School, look forward to hosting you and your team. If you have any questions, please feel free to contact us.

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