

# SMITHVILLE TRACK AND FIELD

## Freshmen-Sophomore Meet



Dear Coach,

We are looking forward to the Freshmen – Sophomore Meet on Monday, May 8<sup>th</sup>, 2023. Included in this letter is important information about the organization of this year's meet.

The entry fee is \$100 for both teams. If you have not done so, please submit your entry fee as soon as possible.

This meet is intended to give under classmen athletes, particularly those who don't have many opportunities to compete at larger invitationals, a chance to compete in a different meet environment against more balanced competition. **All athletes must be a freshman or sophomore and can only compete in 4 events.** You can enter up to 2 relays teams in each relay race. We would rather not cap the number of entries per team in the open events, so please be aware and respectful of the number of athletes you are entering in events.

Entries will be submitted through Baum's Page. The entry window opens on Thursday, May 4<sup>th</sup> at 12:00 p.m. and closes Sunday, May 7<sup>th</sup> at 8:00 p.m. We know you may be trying athletes in new events and that is fine. Please enter reasonable time, distance or height. To help with setting up flights in the throwing events, please enter accurate distances for the athletes. The scratch window will be open until Monday, May 8<sup>th</sup> at 12:00 p.m. We will be setting up heats and using FAT timing so there will be no additions or substitutions after the scratch window closes.

A coaches' hospitality area will be located on the 2<sup>nd</sup> floor of the press box. This will be available after the coaches meeting until the start of the girls 3200m run.

The running events will begin with the girls' 4x800 M. Relay at the switch of the field events and will follow a rolling time schedule after that. 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:

Field Events start promptly at 4:00 PM

Girls' Discus and High Jump (followed by the boys)

Boys' Shot Put and Long Jump (followed by the girls)

Girls' Pole Vault (followed by the boys)

\* Pole vault might be run together depending on the number of competitors.

Running Events start at the switch of the Field Events

Girls' 4 x 800 M Relay (followed by the boys)

\* This event may be run together depending on the number of relay teams entered.

Continue with standard order of running events

## **Field Event Information:**

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

The starting heights for the pole vault will be determined based on entries.

Long jump will be open pit for 1 ½ hours. Athletes will have three (3) jumps with no finals.

Shot put and discus will be 3 total throws (2 throws/1 throw) with no finals. Please make sure to enter an appropriate seed distance for each athlete to help speed up these events. The farthest of the first two throws will be measured. To help keep these events moving smoothly we will be using a minimum distance for the third throw only. Distances are as follows: Girls Shot- 22', Girls Disc- 65' Boys Shot- 32', Boys Disc- 75'.

Participation in the vertical jumps will take precedence over participation in long jump or the throwing events. If a competitor checks out for another vertical jumping event or a running event their attempt(s) will be passed if they are called up in the order. When they return to the event, they can re-enter the competition at the current point.

## **Award Information:**

Top 8 places will be scored. Only 2 individual athletes and 1 relay can be scored per school. Top 6 places will receive a ribbon.

A 1<sup>st</sup> place trophy will be presented to the winning boys' and winning girls' teams.

## **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 quickly after their race has finished.

Admission for spectators is \$7.00 for adults and \$4.00 students. The spectator entrance 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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