

**TREGO JUNIOR HIGH INVITATIONAL
2022 TRACK & FIELD MEET
THURSDAY, APRIL 28th**

ENTRIES: We will be using the on-line entry system of KS Mile Split. Please see the attached instruction sheet for entering your athletes. If you have any questions or problems you can email me, jsamson@tregoeagles.com. **Entries must be received by 8:00 a.m. on April 28th.** We leave the meet open so that any last minute changes can be made that morning in ks.milesplit prior to the meet.
[Trego Community MS Invitational 2022 - Meet Information \(milesplit.com\)](https://www.milesplit.com/track-and-field/meets/trego-community-ms-invitational-2022)

COACHES: There will be a coaches meeting at 9:30. **ALL SCRATCHES WILL BE MADE IN THE GARAGE BEHIND THE CONCESSION STAND AT THAT TIME. NO ADDITIONS WILL BE MADE.**
****Javelins must be taken to the throwing areas in carriers, and then placed back on the bus, we are asking that no Javelins be in team camps.****

DIVISIONS: Four divisions will be ran, 7th grade girls, 8th grade girls, 7th grade boys, 8th grade boys.

SCORING: 10-8-6-4-2-1

AWARDS: Medals for the top 3 places.
Medals for the top 3 places in relays

SPIKES: ¼” or shorter...**NO SPIKES IN STADIUM**

RUNNING EVENTS:

- All races will be finals. There will be no preliminaries.
- 400m will be lanes all the way.
- Limit events to 4 athletes per event. One relay team per relay event per team.
- We will provide starting blocks.
- Running events will start with the 2 mile at 11:00 a.m.

FIELD EVENTS: Will start at 10:00. Three attempts will be granted in all throwing events and jumping events.
Reminder beginning in 2012 mandatory pole vaulter weight verification form will be submitted online. Please bring a copy to the meet also.

STARTING HEIGHTS: High Jump 7G-3’8” 8G-3’10” 7B-4’0” 8B-4’2” (raises 2”)
Pole Vault Boys-6’0” Girls-5’0” (raises 6”)

TEAMS: Colby, Hill City, Ellis, Ness City Sacred Heart, Norton, Plainville, Ruppenthal(Russell), and Trego

ENTRY FEE: \$100.00 per school
We look forward to seeing you on the 28th!

Thanks, Jeremy Samson
TJH AD

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Field Events 10:00 AM

Discus (North)—8G, 7G
Discus (South)—8B, 7B
Shot Put (South)—7B, 8B
Shot Put (North)—7G, 8G
Long Jump (West)—8B, 7B, 8G, 7G
Triple Jump (East) —8G, 7G, 8B, 7B
High Jump (East)—8G, 7G
High Jump (West)—8B, 7B
Pole Vault—7G, 8G, 7B, 8B
Javelin (West)- 8B, 7B
Javelin (East) - 8G, 7G

3200m Run—Run at 11:00-- 7G, 7B, 8G, 8B

Running Events 11:30 AM

All running events are: 7G, 7B, 8G, 8B

100 m Hurdles (30" except 8th Grade Boys 33")
100m Dash
1600m Run
4 X 100m Relay
400m Dash
4 X 200m Relay
800m Run
200 m Hurdles (30" for all races)
200m Dash
4 X 400m Relay