

BURLINGTON HIGH SCHOOL TRACK INVITATIONAL
FRIDAY, MAY 5, 2023
GENERAL INSTRUCTIONS

Coaches Meeting 9:30 AM

Field Events 10:00 AM

Running Finals 11:30 AM

The coaches meeting will take place in the press box in the stadium. We will have refreshments available at this time. Scratches and substitutions will take place at this time. At 9:45, clipboards for field events will be lifted and given to the workers to start checking in the athletes. Warm up time for athletes needs to take place before 10:00, as field events will start promptly at 10:00. Athletes will get appropriate time between flights to get a couple practice runs and throws before competing in their flight. Athletes will need to check in to all their field events before 10:00 if competing in more than one event.

10:00 800 Sprint Medley Relay **Girls** **Finals** **Running Against Time**
4 x 800 Relay **Girls/Boys** **Finals** **Running Against Time**

10:00 FIELD EVENTS – Will be 3 Preliminary throws/jumps-- 9 finalists with three additional throws/jumps.
BURLINGTON HIGH SCHOOL WILL PROVIDE THE SHOT AND DISCUS PLEASE LEAVE YOURS AT HOME.

(Wind conditions will determine if we will run the jumps all at the same time.)

Boys Discus	Southwest Ring	South of Football Field	followed by Girls Discus
Girls Shot	South Ring	West of Stadium	followed by Boy's Shot
Girls Long Jump	Southwest Pit	East of Track	followed by Boys Long Jump
Boys Triple Jump	Southeast Pit	East of Track	followed by Girls Triple Jump
Girls High Jump*	North of Football Field		followed by Boys High Jump*
Boys Pole Vault*	Northwest Runway	East of Track	followed by Girls Pole Vault

***Pole Vault starting height 6' 0" and Girls High Jump Starting Height will be 4' 4" and Boys High Jump will be 5' 0"**

11:30 RUNNING FINALS

100 Hurdles	Girls	Finals	
110 Hurdles	Boys	Finals	
100 Meter Dash	Girls/Boys	Finals	
4 x 200 Meter Relay	Girls/Boys	Finals	4 turn stagger
1600 Meter Run	Girls/Boys	Finals	*
4 x 100 Meter Relay	Girls/Boys	Finals	2 turn stagger
400 Meter Run	Girls/Boys	Finals	Lanes all the way – running against time
300 Hurdles	Girls/Boys	Finals	Lanes all the way – running against time
800 Meter Run	Girls/Boys	Finals	**
200 Meter Run	Girls/Boys	Finals	Lanes all the way – running against time
3200 Meter Run	Girls/Boys	Finals	*
4 x 400 Meter Relay	Girls/Boys	Finals	3 turn stagger – second runner cuts in at the pole

* Number of athletes entered will determine if we start in alleys, waterfall or lane.

** Number of athletes entered will determine if we run two heats.

Starting Blocks will be provided.

Meal Tickets will be provided to coaches and workers.

Concessions will be available.

Dress codes for athletes will be enforced – coaches-- please help us out with this during the meet.

1/8" spikes please.

BURLINGTON HIGH SCHOOL WILL PROVIDE THE SHOT AND DISCUS PLEASE LEAVE YOURS AT HOME.

Pole vaulters will be weighed in at the McArthur building located south of the track at 9:30 AM.

We will be charging a gate admission for spectators. CHSAA Passes only will be accepted.

Please provide us with a contact person and telephone number for an early morning call if we need to cancel the meet in case of inclement weather.

Entry Deadline is THURSDAY, MAY 4, 2022 at 3:00 PM MDT– We will be using the Milesplit system for entries (3 entries per team in an individual event and 1 relay team per school). **No additions on the day of the meet.**

Entry Fee is \$200 per school, half price if you help run a field event
We will do our best to provide the best track meet possible for the teams.
BURLINGTON TWILIGHT TRACK INVITATIONAL