

# 2023 5A JV Invitational Track & Field Championships.

Saturday May 6th 9:00 am field events 10 :00 running.

**Host:** Rocky Mountain High School

**Meet Director:** Brad Abbott

**Head Field Judge:** Tom Farley

**Starters:** Jeff Farley, Nick Ciacco,

**Timers/Scorer:** George Reagan

**Schools:** Boise, Borah, Capital, Centennial, Eagle, Kuna, Meridian, Middleton

Mountain View, Nampa, Owyhee, Rocky Mountain, Timberline

**Admission:** Adults: \$6, Students \$4/w activity card, Seniors/Military/Elementary \$3

**Entries:** Entries will be accepted on **Athletic.net** Please submit entries all week leading up to the meet. We will send out several updated meet lists so that you can add and scratch up until **FRIDAY MAY 5th at 10 pm**. After that point the meet will be closed to adds and you may only scratch athletes. The heat sheets will be finalized Saturday morning and distributed to the coaches. We are doing it this way to limit the number of DNS (did not start). Coaches can assist this by explaining to their athletes that if they are entered in an event they must show up. Please don't "shot gun" enter your athletes in events.

**Awards:** Individual medals for Top 3 finishers, Team Trophy for the boys and girls team champions.

**Certified Trainer:** There will be a certified trainer on duty during the meet. Remember to bring your medical kit. Also, athletes should bring water bottles. Water stations will be available.

**Entry Fee - \$150 per team unless you wish to host an event.**

Possible events to host:

Girls PV, Boys PV, Girls and Boys LJ, Girls and Boys TJ, Girls and Boys Shot Put, Girls and Boys Discus, Relay Judges.

## Meet Schedule:

Saturday, May 6th

**We will have a mandatory check in and reseed for all 100m Dash and 200 m dash events. The 100m dash mandatory check in will take place during the 1600m races. The 200m dash mandatory check in will take place during the 800m races. That means that you have to check into the clerk to be eligible to run the race. NO kids will be allowed to race in those events that do not make the check in.**



**10:00 am**

**Order of events**

**4x800m Girls**

**4x800m Boys**

**4x200m Girls**

**4x200m Boys**

**1600m Girls**

**1600m Boys**

**100m Girls High Hurdles (33")**

**110 Boys High Hurdles (39")**

**400m Girls**

**400m Boys**

**100m Girls**

**100m Boys**

**800m Girls**

**800m Boys**

**4x100m Girls**

**4x100m Boys**

**300m Intermediate Hurdles Girls(30")**

**300m Intermediate Boys Hurdles (36")**

**200m Girls**

**200m Boys**

**3200m Girls**

**3200m Boys**

**4x400m Girls**

**4x400m Boys**