DATE: Tuesday March 27, 2018

SITE: Lathrop High School Athletic Comples-102 N School Drive

ADMISSION: ADULTS: \$4.00 STUDENTS (K-12) \$3.00

ENTRIES: Entries will be done on-line with TRXC Timing. You will find information

on how to do this enclosed with this sheet.

You may have 4 entries per event and 1 relay team for each school. Entries must be received by 12:00 P.M. on Monday March 26, 2018

We will only allow scratches the day of the meet.

ENTRY FEE: \$50 Per Team-Boys/Girls=\$100

SCORING: Individual-10-8-6-5-4-3-2-1

EQUIPMENT: 1/4" pyramid spikes should be used on running and jumping surfaces.

The shot put and discus areas are concrete. Athletes with spikes in

excess of 1/4" will be disqualified from further competition.

AWARDS: Top 3 in each event will receive medals

Top teams-Boys/Girls Plaque

HOSPITALITY: A ticket will be issued to each coach for a drink, chips, hotdog/hamburger

BUSES: Please have your buses drop off the athletes at the complex entrance and

park on the West side of the school near the sidewalk.

Workers: You may be asked to work some events, I am trying to get as many helpers

as possible, but be prepared to have a timer from your coaching staff. Thanks

Information: We are currently still trying to grow grass in our new complex, so all tents will

need to be on the outside of the complex.

NO SUNFLOWER SEEDS WILL BE ALLOWED IN COMPLEX!

NO tape on track or runways

MEETING: There will be a scratch meeting at 3:45 p.m. in the Field House.

QUESTIONS: Call AD

Brian Banker Cell-816-205-5797

E-MAIL: <u>brian.banker@lathropschools.com</u>

TEAMS: Breckenridge, Cameron, Lathrop, Maryville, Plattsburg

Stewartsville.

Starter: Tom Simpson

ORDER OF EVENTS

4:00 PM FIELD EVENTS -- ROUND 1

DISCUS--GIRLS--4 Throws

SHOT PUT--BOYS--4 Throws

POLE VAULT--GIRLS

HIGH JUMP--BOYS

LONG JUMP--GIRLS--4 Jumps

TRIPLE JUMP--BOYS--4 Jumps

JAVELIN-Boys-4 Throws

TRACK EVENTS--4:30 PM

3200M RELAY--GIRLS FOLLOWED BY BOYS

100M HIGH HURDLES--GIRLS

110M HIGH HURDLES--BOYS

100M DASH--GIRLS FOLLOWED BY BOYS

800M RELAY--GIRLS FOLLOWED BY BOYS

1600M RUN--GIRLS FOLLOWED BY BOYS

400M RELAY--GIRLS FOLLOWED BY BOYS

400M DASH--GIRLS FOLLOWED BY BOYS

300M HURDLES--GIRLS FOLLOWED BY BOYS

800M RUN--GIRLS FOLLOWED BY BOYS

200M DASH--GIRLS FOLLOWED BY BOYS

3200M RUN--GIRLS FOLLOWED BY BOYS

1600M RELAY--GIRLS FOLLOWED BY BOYS

AFTER ROUND 1 ENDS- ROUND 2

DISCUS--BOYS--4 Throws

SHOT PUT--GIRLS--4 Throws

POLE VAULT--BOYS

HIGH JUMP--GIRLS

LONG JUMP--BOYS--4 Jumps

TRIPLE JUMP--GIRLS--4 Jumps

JAVELIN-Gilrs-4 Throws