

12th ANNUAL KENNETT HIGH SCHOOL NOVICE INVITATIONAL

January 18, 2020

Dear Coach,

The Kennett Track and Field Program is extending an invitation to your track and field team(s) to compete in the 12th Kennett Novice Invitational. The meet will be held on May 18th, 2020 at our facilities. The meet will commence at 3:30 pm with hopes to be completed by 7:30 pm. Our intent with this Invitational is to give our/your young athletes and/or new athletes a chance to compete in a larger meet so they gain experience and so that their hard work throughout the season has a chance to be rewarded. We know that every team has a different makeup, so we leave it up to you and your coaching staff to make your selections. We list the guidelines we use here for our making our selections only as some coaches ask, we will honor all selected athletes.

Our Guidelines for selecting athletes to compete in this event: (Reference only)

- Any freshmen or sophomore athlete who is not competing in the league championships by virtue of his/her position on the team. (If a freshmen or sophomore is running in the league championships for the experience or to fill a relay team and does not medal, they would be eligible.)
- Any junior athlete that meets the same requirement above and has not competed in an invitational this year.
- Any athlete maybe used to fill out a relay team as long as he/she has not medaled in an invitational. (This helps some of the smaller teams.)
- Any athlete who has showed by his/her hard work and dedication to the program but has not had the chance to participate in an invitational due to the standards set forth by that invitational.

As for the particulars of this meet, we will run this meet entirely with help from parents and our own coaching staff. We will have electronic timing and **entries will be on line this year. The meet is by invite only. Password is Kennett2020.** The price for this invitational is \$100 per team or two teams (B&G) for \$175. Checks are made out to KABC-Track and could be brought with you to the meet. **Each athlete may only compete in two events.** (A small team needs to add a third event to an athlete to fill a relay you may do so, with consideration to our objectives for this meet.) Awards will be given to the top six athletes in each event. (Individuals and relay)

Thank You,

John Ramagano (Kennett T&F)

johnramagano@mepsolutionsinc.com

484-884-6556

All Changes to the Tent by 3:00pm –Please and Thank you!!!!!!!

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The Order of Events / Limits per Event (Girls than Boys)

- 100/110 Hurdles / 4 athletes per team (top 6 by time back to final) (Boys maybe right to final)
- 100M Dash / 4athletes per team (top 6 by time back to final)
- DMR (1200, 400, 800, 1600) / 1 team only (Boys and Girls Together)
- 1600M Run / 4 athletes per team (2 heats each)
- 400M Dash / 4 athletes per team (waterfall start 3 heats each)
- 100/110 Hurdles Final
- 100M Finals
- 800M Run / 4 athletes per team (2 heats each)
- 300 M Hurdles / 4 athletes per team
- 4x200M Relay / 2 teams only
- 3200M Run / 4 athletes per team (Boys and Girls Together)
- 4x400M Relay / 1 team only (One heat each waterfall starts)
- Girls Long Jump open pit from 3:30-5:30 pm / 4 athletes per team 3 jumps no finals
- Boys Long Jump open pit from 3:30-5:30 pm / 4 athletes per team 3 jumps no finals
- Boys High Jump 3:30 pm (starting height at 5'-0") / 4 athletes per team
- Girls High Jump follow Boys (starting height at 4'-0") / 4 athletes per team
- Girls Pole Vault 3:30 pm (starting height at 6'-0")/ 4 athletes per team
- Boys Pole Vault follow Girls (starting height at 8'-0") / 4 athletes per team
- Girls Shot Put 3:30 pm / 4 athletes per team 3 throws no finals
- Boys Shot Put follows Girls / 4 athletes per team 3 throws no finals
- Girls Jav. 3:30pm / 4 athletes per team 3 throws no finals
- Boys Jav. 3:30pm / 4 athletes per team 3 throws no finals

Thank You,

John Ramagano
Track and Field
Kennett High School