

# Wray Junior High School Invitational Track & Field Meet

**TO:** Track Coaches, Athletic Directors

**FROM:** Jeff Miller, Athletic Director and Meet Director

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**Date:** Friday, April 21, 2023

**Admission:**

Adults	\$5.00
Sr. Citizens/Students	\$3.00

- Time: 10:00 am Field  
12:00 pm Track

- Entry fee: \$125 per team

- All entries will be done online through comilesplit.com ***Entry deadline will be Monday, April 17<sup>th</sup> at midnight*** You will need to register at comilesplit.com Please include times/distances for all competitors.
  - The meet will be held at the Wray High School track. The Wray High School Track is an eight-lane, all-weather track. The jumping events have all-weather surfaces and the throwing events have cement rings. Spikes must be 1/ inch or less on the all-weather surfaces. Longer spikes may lead to disqualification.
  - ***Athletes are limited to four events. Unlimited team entries in the Discus and Shot Put. All other events only 10 athletes per event. Top 3 athletes from each school will score.***
  - No individual or team awards will be given; team scores will be kept.
  - 7<sup>th</sup> & 8<sup>th</sup> grade will compete in the same division.
  - Races will be run in heats against time. Lane assignments will be seeded by submitted times, from fastest to slowes lanes 4,5,6,3,2,7,8,1 (Z pattern) as adopted by State Association for the State meet.
  - Field events will be seeded in flights, low to high with 7-10 athletes per flight. Four attempts, no finals.
  - The 2018 Track and Field rulebook published by the NFSHSA will be the resource for rules interpretations.
  - Concessions will be available.

**Track -- 12:00 pm**

**800m Sprint Medley 1-1-2-4 Girls**

800m Sprint Medley 1-1-2-4 Boys

**100 Meter Hurdles Girls**

100 Meter Hurdles Boys

**100 Meter Dash Girls**

100 Meter Dash Boys

**4x200 Relay Girls**

4x200 Relay Boys

**800 Meter Run Girls**

800 Meter Run Boys

**4x100 Meter Relay Girls**

4x100 Meter Relay Boys

**400 Meter Dash Girls**

400 Meter Dash Boys

**200 Meter Low Hurdles Girls**

200 Meter Low Hurdles Boys

**1600 Meter Run Girls**

1600 Meter Run Boys

200 Meter Dash Girls

200 Meter Dash Boys

**4x400 Meter Relay Girls**

4x400 Meter Relay Boys

**Field - 10:00 am**

**Girls**

**Discus, Triple Jump & High Jump**

**Boys**

Shot Put & Long Jump

**Girls**

**Shot Put & Long Jump**

**Boys**

Discus, Triple Jump & High Jump