

46th Annual Keith S. Burgess Track & Field Invitational



Dear Coach:

It is a pleasure to extend to your track team an invitation to participate in the 46th Annual Keith S. Burgess Track and Field Invitational Meet to be held at Lake Forest High School on Saturday, April 12th, 2024 starting at 10:00 AM.

Entries must be entered online at MilesplitDE by Wednesday, April 9th, 2024 at 6 pm.

Trials will not be held for the 100, 200 meter dash 100/110 meter hurdles, these are all finals events.

The entry fee for an individual team is **\$175.00** or **\$300.00** for your boys' and girls' teams. If a team does not want to supply an adult official, then include \$50.00 for paying an official or \$90.00 for 2 officials. Each team is to provide an official. If you have a boys' and a girls' team then you need to provide two officials

If you have further questions call Fred Johnson at (302) 399-5390. **We will be using the Finish Lynx**

Automatic Timing System.

Sincerely,

Fred Johnson
KSB Meet Director
Lake Forest High School
Athletic Director
Fred.Johnson@LF.K12.DE.US
302-284-9291 x.531

46th Annual Keith S. Burgess Track & Field Invitational

PRELIMINARY INFORMATION / REGISTRATION FORM

1. Each team may enter three athletes for running events/one relay team per running event.
2. Each team may enter two athletes for field events.
3. Points toward the team standings will be scored for the first eight places in the finals.
4. Medals will be awarded to the first three places in the finals.
5. Trophies will be awarded to the first and second place boys' teams and first and second place girls' teams.
6. Each team will be required to furnish one adult official and one student helper. If a school does not want to supply an official for each of its squads, then the school can pay \$50.00 to have an official hired or \$90.00 if two officials need to be hired from your school by Lake Forest.
7. DIAA and National Federation Rules will be in effect.
8. All events which are contested at the State Track Meet for Delaware will be contested at the 46th Annual Keith S. Burgess Track and Field Invitational Meet.

Please return this portion to Fred Johnson, Lake Forest High School Athletic Director, 5407 Killens Pond Rd, Felton, DE 19943 by Friday, March 14th, 2025. Enclose \$175.00 per team or \$300 for both teams. **Make checks payable to Lake Forest Track & Field.- Or Payments to Lake Forest High School Vendor ID # 9515000090**

____ Yes, _____ is entering its boys track team in the 46th KSB.
(Check) (Name of School)

____ Yes, _____ is entering its girls track team in the 46th KSB.
(Check) (Name of School)

Please circle the following: Our school will be sending – both – boy's only – girl's only - track teams.

____ Yes, _____ will provide one official per team.
(Check) (Name of School)

____ Yes, _____ will not provide one official per team.
(Check) (Name of School)

We will pay the additional \$50 official fee per team.

NO TEAM WILL BE PERMITTED TO PARTICIPATE UNLESS PAYMENT IS RECEIVED PRIOR TO SEEDING.

COACH'S NAME:

COACH'S E-MAIL (for reminders and updates):

NAME OF DESIGNATED OFFICIAL (Boys Team):

JOB PREFERRED AT THE MEET (Boys Team):

NAME OF DESIGNATED OFFICIAL (Girls Team):

JOB PREFERRED AT THE MEET (Girls Team):

46th Annual Keith S. Burgess Track & Field Invitational

NUMBER TO CALL ON DAY OF MEET TO REACH THE COACH: _____

KEITH S. BURGESS INVITATIONAL TRACK MEET GENERAL INFORMATION

1. Date: Saturday April 12th, 2025.
Seeding must be entered online at **MilesplitDE** April 9th by 7PM.
Meet starts at 10:00 AM
2. Officials: Each Men's and Women's team will be required to furnish one official per squad. If a team chooses to pay \$40.00 for Lake Forest to hire an official, then the team will not need to furnish an official. Please designate on your form what your official would like to do. Please have the official report to the middle of the football field at 9:30 AM. No school will be allowed to participate until its' official has reported. Each school should have at least one watch in its possession. Please do not request us to find an official on the day of the invitational for you because you do not have the official you said you would have.
3. All running events will be seeded. Three athletes per track event, two athletes per field event, and one relay team can represent your school.
4. A trophy will be awarded to first and second place men's and women's teams. Medals will be awarded to the first three places in each event. Team standings will be based on the top eight places in the finals.
5. DIAA and National Federation rules will be in effect.
6. Starting heights: Pole Vault 6'5" Girls
8' Boys
High Jump 4'2" Girls
5'4" Boys
7. Minimum distance required for Measure:
After the first legal throw/jump only the distances listed will be measured.
85' Boys Discus
70' Girls Discus
36' Boys Shot Put
26' Girls Shot Put
27' Girls Triple Jump
34' Boys Triple Jump
14' Girls Long Jump
17' Boys Long Jump
9. The meet will be run rain or shine. Call 399-5390 with questions on the morning of the event.
10. Morning finals of field events are:
Shot put Boys
Pole Vault Boys
Discus Girls
High Jump Girls
Long Jump Girls, Boys
Afternoon finals of field events:
Shot put Girls
Discus Boys
High Jump Boys
Triple Jump Girls, Boys
Pole Vault Girls
11. Gate admission fee will be \$7.00 for all spectators.
12. No athlete will be allowed on the field when he/she is not competing. A violating school will be disqualified from all events on the track until its athletes are removed.
13. The concession stand will be open throughout the day for your convenience.

46th Annual Keith S. Burgess Track & Field Invitational

46th KEITH S. BURGESS TRACK & FIELD INVITATIONAL

SCHEDULE OF EVENTS

10:00	(Field Event Finals)	(Field Event Finals)
	Shot put (Boys) Followed By	Shot put (Girls)
	Discus (Girls) Followed By	Discus (Boys)
	High Jump (Girls) Followed By	High Jump (Boys)
	Pole Vault (Boys) Followed By	Pole Vault (Girls)
	Long Jump (Boys + Girls) Open Pit until 11:30 followed by triple jump	
	Triple Jump (Boys + Girls) Open Pit until 1:30	

ALL FINALS

G	4 X 800m Relay	10:30
B	4 x 800m Relay	10:45
G	100m HH(finals; based on time)	11:00
B	110m HH(finals; based on time)	11:10
G	100m(finals; Based on time)	11:20
B	100m (finals; Based on time)	11:30
G	4x200m Relay	11:40
B	4x200m Relay	11:50
G	1600m	12:00
B	1600m	12:20
G	4x100m Relay (Heats)	12:40
B	4x100m Relay (Heats)	12:50
G	400m (Finals; based on time)	1:00
B	400m (Finals; based on time)	1:15
G	300m LH (Finals; based on time)	1:30
B	300m IH (Finals; based on time)	1:40
G	800m	1:50
B	800m	2:05
G	200m (Finals; Based on time)	2:20
B	200m (Finals; Based on time)	2:30
G	3200m	2:40
B	3200m	3:05
G	4x400m Relay (Heats)	3:30
B	4x400m Relay (Heats)	3:45