



Cory Aadland
Activities Director
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Track & Field

Mitchell-Brandon Valley-Yankton
Joe Quintal Field
501 E 11th Ave
Mitchell, SD

Tuesday, April 9th, 2019

Starting Time: 4:00 PM – Rolling Schedule

SDHSAA sanctioned and qualifying meet

Entries – Meet will be conducted using Fully Automatic Timing. Click on the link below for entry instructions. Entries will close on **4/8/19 at 12:00PM**.

<https://www.athletic.net/Help/Track.aspx?Meet=364150>

Unlimited Entries – MUST be entered by deadline. **NO race day additions or substitutions will be accepted**

General Information

- All implements will be weighed at 2:30-3:30 under the east end of the stadium
- Pole Vault competitors must be weighed-in at home sites. Weigh-In sheets must be presented to meet management upon arrival
- Team camps will be allowed outside of the track – no camps on the infield. Infield is for athlete warmup only
- With the installation of artificial turf at Joe Quintal Field, **NO gum, sunflower seeds or Powerade/Gatorade allowed on the infield**
- 3/16 pyramid spikes only

Officials

Meet Referee – Buck Timmins
Starter – Bob DeBoer
Assistant Starter – Roger Loecker

NO ENTRY FEE – NO AWARDS – NO TEAM POINTS KEPT



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SCHEDULE OF EVENTS

4:00pm	<u>Running Events</u>	
	3200 M Relay (4 x 800)	Girls/Boys run together
	100 M Hurdles	Girls
	110 M Hurdles	Boys
	100 M Dash	
	800 M Relay (4 x 200)	
	1600 M Run	
	400 M Relay (4 x 100)	
	400 M Dash	
	300 M Hurdles	
	Medley Relay (200, 200, 400, 800)	
	800 M Run	
	200 M Dash	
	3200 M Run	Girls/Boys run together
	1600 M Relay (4 x 400)	
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4:00pm	<u>Field Events</u>	
	Shot Put	Boys, then Girls
	Discus	Girls, then Boys
	Long Jump	Girls, then Boys
	High Jump	Girls, then Boys
	Triple Jump	Boys, then Girls
	Pole Vault	Girls, then Boys

All field events will be 4 attempts/no finals