

Track and Field Meet
May 2, 2023
Brandon Valley High School

Participating Teams:

Brandon Valley, SF Jefferson, SF Roosevelt, SF Washington, Watertown

This meet is a SDHSAA sanctioned and qualifying meet.

Meet will start at 4:00 p.m. SHARP – rolling schedule!

Entries – this meet will be conducted using Fully Automatic Timing:

Entry procedures: * Online only at <https://www.athletic.net/Help/Track.aspx?Meet=510261>

* Entries are open and will remain open **ONLY** until **6:00PM CT on May 1st!!!!**

* No race day additions or substitutions will be accepted

* Heat/Flight sheets will be available on May 2nd morning.

Entry Limits:

- Unlimited – WITHIN REASON – REMEMBER – update entries by the deadline so that heats and flights can be as full as possible to eliminate wasted time, as we will NOT combine heats once the entry deadline is reached.
- All events will compete all same gender athletes together – there will NOT be separate V and JV Heats/Flights – times and heights/distances will determine the placement of individuals.
- Relay events - Limit of 2 per school.

Other:

- All Implements will be weighed at 1:00-2:45 at the White Shed
- Pole Vault Competitors must be weighed-in at home sites on Tuesday prior to travel to Brandon Valley High School. Weigh-In sheets must be presented to meet management upon arrival.

General Information:

Team camps will be allowed outside of the track – no camps on the infield, please.

Police your team camp. No footballs, Frisbees, baseballs, or other objects on the infield. Please keep this area open for athletes warming up.

Results will be available on-line and will be e-mailed after the meet.

Spikes allowed are 3/16th Pyramid Only.

VARSITY TRACK AND FIELD MEET
TUESDAY, MAY 2, 2023
Brandon Valley/SF Jefferson/SF Roosevelt/SF Washington/Watertown

Schedule of Events

Field Events

2:00 Boys Javelin, followed by Girls Javelin (**Middle School FB Field**)
Girls High Jump, followed by Boys High Jump

3:00 Pole Vault – Girls Pole Vault, followed by Boys.
Boys Shot Put, followed by Girls Shot Put
Girls Discus, followed by Boys Discus
Boys Long Jump, followed by Girls Long Jump
Girls Triple Jump, followed by Boys Triple Jump

3 Throws/Jumps no finals

4:00 **Running Events** (Girls followed by boys)

3200 Relay (4 x 800) *May combine **all** teams into one race*

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

800 Relay (4 x 200)

1600 Meter Run *Girls one race, boys one race.

400 Meter Relay (4 x 100)

400 Meter Dash

300 Meter Hurdles

Medley Relay (200,200,400,800)

800 Meter Run

200 Meter Dash

3200 Meter Run *May combine into only one race*

1600 Meter Relay (4 x 400)