***Metro Athletic Conference Track & Field Meet***

***Brandon Valley-Lincoln-O’Gorman-Roosevelt-Washington***

***Friday, April 26, 2019***

***Howard Wood Field***

**(This is a SDHSAA sanctioned and qualifying meet)**

**START TIMES**: All field events except girls’ high jump will start at 3:00 PM. Girls’ high jump will start at 2:30

 Running events will begin at 4:00 PM (no prelims. All running events are finals.)

**AWARDS:** Medals will be awarded for 5 places in individual events and 4 places in relays.

**OFFICIALS:** Eric Foss – Head Starter

 Tim Fjellestad – Head Starter

 Marc Murren –Referee

**COACHES** 2:15 PM @ Field House

**MEETING:**

**SCORING:** 8-6-4-2-1 for individual events (only three individuals per school may score)

8-6-4-2 for relays

**ENTRIES:** Entries must be done using the SDHSAA Meet Entries in the School Zone. Please read the instructions carefully. You may submit the entries as a combined entry file.

 (Instructions attached in a separate file or on SDHSAA School Zone)

 Relays, with the exception of the 3200 Meter Relay, must use SDHSAA web site verified times for entry.

 **Four (4) individuals per running event**

 **Four (4) individuals per field event**

 All field events will be prelims and finals (3 throws/jumps in both prelims and finals with six qualifying for finals).

 **One (1) team per relay**

 ***ENTRY DEADLINE: Wednesday, April 24, 2019***

 ***Changes may be made up until 8:00 PM on Thursday, April 25, 2019***

 ***Scratches Only the day of the meet.***

Contact Jim Dorman (Jim.Dorman@k12.sd.us) or Joey Struwe at 651.2717 or Joey.Struwe@k12.sd.us

**FIELD EVENTS:** Schools will be assigned to run a field event and provide workers. See next page.

**Weigh In:** Implements will be weighed in at the field house.

**PV Weigh In:** Each school will be responsible for weighing vaulters at their home site.

**Meet Director:** Joey Struwe

**Meet Manager:** Jim Dorman

**Hurdle Crew:** Kaaren Huber

**Blocks:** Scott Embry

**Curve Judges:** Turn 1: OGHS

 Turn 2: LHS

 Turn 3: RHS

 Turn 4: BV

**Start Clerk:** Kim Maass/Teri St. Pierre

**Hy-Tek Scorer:** Alaina Struwe (Field Events)

**Announcer:** Charlie Childerston

**Awards:** Wendy Dorman

**Implement Weigh:** Nate Malchow/Steve Moore

**Jury of Appeals:** Jim Dorman/Nate Malchow/Steve Moore/Joey Struwe

**Trainers:** Brian Fox/ Katie Shearer (Located at the field house)

**Spectators:** Must remain outside competition area

**Team Camps:** Must be located outside the track area

**Spikes:** Maximum length is 1/8” pyramid

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***O’Gorman High School***

**HIGH JUMP:** **(2:30 PM start) –** check in at site

Girls High Jump (Dakota Sports) – followed by boys

**FIELD EVENTS:** **(3:00 PM start) –** check in at site

Girls Discus (WHS) – followed by boys

Boys Shot (RHS) – followed by girls – Ed Hruska will help

Boys Long Jump (LHS) – followed by girls

Girls Triple Jump (OGHS) – followed by boys

Pole Vault (BV) – Boys followed by girls

**RUNNING EVENTS: (4:00 PM start)**

4:00 pm Girls 4x800 Relay

4:15 pm Boys 4x800 Relay

4:30 pm Girls 100 M Hurdles

4:40 pm Boys 110 M Hurdles

4:50 pm Girls 100 M Dash

4:55 pm Boys 100 M Dash

5:05 pm Girls 4x200 Relay

5:10 pm Boys 4x200 Relay

5:15 pm Girls 1600 M Run

5:25 pm Boys 1600 M Run

5:30 pm Girls 4x100 Relay

5:35 pm Boys 4x100 Relay

5:45 pm Girls 400 M Dash

5:50 pm Boys 400 M Dash

6:00 pm Girls 300 M Hurdles

6:05 pm Boys 300 M Hurdles

6:15 pm Girls Medley Relay

6:20 pm Boys Medley Relay

6:30 pm Girls 800 M Run

6:40 pm Boys 800 M Run

6:50 pm Girls 200 M Dash

6:55 pm Boys 200 M Dash

7:05 pm Girls 3200 M Run

7:20 pm Boys 3200 M Run

7:35 pm Girls 4x400 Relay

7:40 pm Boys 4x400 Relay