

# CLASS B KICK OFF TRACK MEET @ LOCKWOOD

APRIL 1ST, 2023 STARTING AT 9:00AM

TEAMS: JEFFERSON, COLUMBUS, COLSTRIP, BIG TIMBER, ST LABRE, SHELBY, THREE FORKS, SHEPHERD, JOLIET, LODGE GRASS, ROUNDUP, BAKER, HUNTLEY PROJECT, LAME DEER, WOLF POINT, POPLAR

## RUNNING EVENTS: 9:30AM START

110/100M- HURDLES

100M

1600M

400M RELAY

400M

300M HURDLES

800M

200M

3200M

1600M RELAY

## FIELD EVENTS: 9:00AM START

BOYS LONG JUMP- WEST PIT

GIRLS LONG JUMP- EAST PIT

GIRLS DISCUS (AREA BEHIND HS)

GIRLS HIGH JUMP

BOYS SHOT PUT

GIRLS POLE VAULT

BOYS JAVELIN

## 10:15AM START (ESTIMATE)

BOYS TRIPLE JUMP- WEST PIT

GIRLS TRIPLE JUMP- EAST PIT

BOYS HIGH JUMP

GIRLS SHOT PUT

BOYS DISCUS (AREA BEHIND HS)

BOYS POLE VAULT

GIRLS JAVELIN

WE WILL USE A ROLLING TIME SCHEDULE FOR THE RUNNING EVENTS.

- 5 PARTICIPANTS MAX PER SCHOOL IN AN EVENT
- YOU MUST ENTER ATHLETES IN ATHLETIC.NET
- ASSIGNED NUMBERS WILL BE GIVEN TO EACH ATHLETE AND THEY WILL HAVE TO BE WRITTEN ON THE LEFT HAND OF EACH INDIVIDUAL.
- WE WILL ASK FOR FASTEST ATHLETE TO RUN FIRST IN EACH HEAT
- **ATTENTION: NEW FOR 2023**

**WE WILL BE USING ATHLETIC.NET RUNMEET THIS YEAR. WE WILL ASK INDIVIDUALS WORKING THE EVENTS TO ENTER IN RESULTS VIA IPAD SO LIVE RESULTS WILL SHOW DURING THE MEET. RUN EVENTS WILL BE SEEDED DIGITALLY AS WELL. RESULTS WILL BE VISIBLE TO ALL ATHLETES/COACHES/FANS IMMEDIATELY AFTER EACH RACE AND CONCLUSION OF EACH FIELD EVENT.**

1.  $\frac{1}{8}$  SPIKES ON ALL RUNNING AND JUMPING SURFACES
2. THERE WILL BE 4 JUMPS AND 4 THROWS (NO FINALS)
3. WE WILL MARK ALL THROWS WITH A MARKER AND MEASURE THE ATHLETES FURTHEST THROW.
4. FIELD EVENTS HAVE 1:15 MINUTE TIMES LIMIT TO GET THEIR JUMP AND THROWS DONE. THERE WILL BE NO THROWING OR JUMP ORDER (EXCEPT IN HIGH JUMP)
5. BOYS HJ WILL START AT 5' AND GIRLS WILL START AT 4'.
6. ALL RUNNING EVENTS WILL BE FINALS
7. ALL TEAMS MUST CAMP IN THE BLEACHERS
8. ADMISSION WILL BE: \$7 ADULT, \$5 STUDENTS
  - **INVITE FEE PER SCHOOL: \$100 (MAKE CHECKS PAYABLE TO LOCKWOOD ATHLETICS)**

# MEET WORKERS DUTIES

COACHES MEETING @ 8:30 at the finish line area

- EACH SCHOOL WILL RUN AN EVENT MINIMUM OF 3 WORKERS

BOYS SHOT PUT- JEFFERSON  
GIRLS SHOT PUT- COLUMBUS  
BOYS JAVELIN- COLSTRIP  
GIRLS JAVELIN- BIG TIMBER  
BOYS TRIPLE JUMP- ST LABRE  
GIRLS TRIPLE JUMP- SHELBY  
BOYS LONG JUMP- THREE FORKS  
GIRLS LONG JUMP- WOLF POINT  
BOYS HIGH JUMP- SHEPHERD  
GIRLS HIGH JUMP- JOLIET  
BOYS DISCUS- LODGE GRASS  
GIRLS DISCUS- ROUNDUP  
BOYS AND GIRLS POLE VAULT- BAKER  
RELAY EXCHANGE ZONES- HUNTLEY  
HURDLE CREW- HUNTLEY, POPLAR

STARTER- LOCKWOOD  
MARSHALL- LOCKWOOD  
FINISH LINE- LOCKWOOD  
TIMING SYSTEM- LOCKWOOD  
JURY OF APPEALS- BAKER, HUNTLEY

**ALL TEAMS AND FANS ARE WELCOME TO STAY AND WATCH THE MSUB COLLEGE MEET THAT WILL START AT THE CONCLUSION OF THIS MEET.**

CONCESSIONS WILL BE SERVED