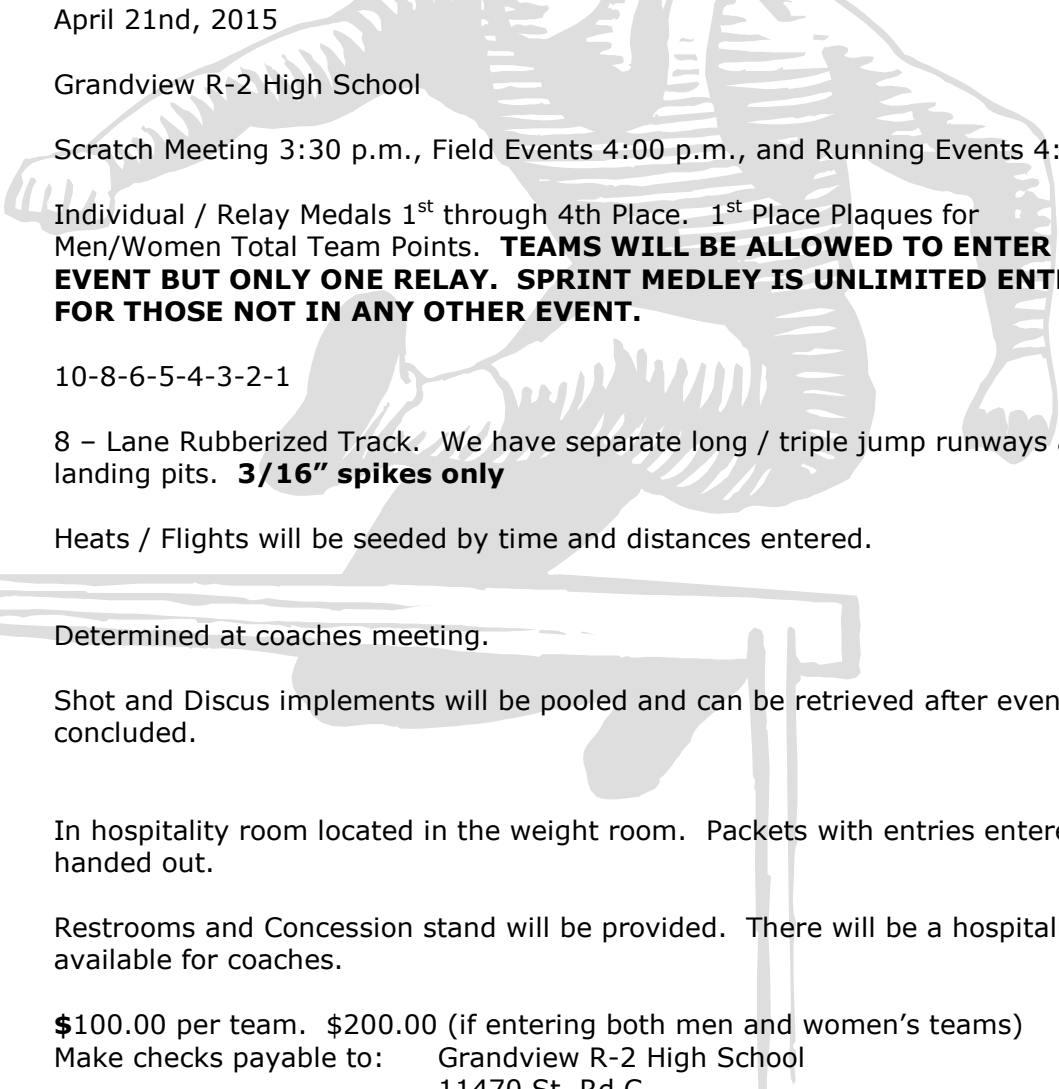


# GRANDVIEW M.S. INVITATIONAL

April 14, 2015

Dear Coaches and Athletic Directors:

On Tuesday April 21nd, 2015, Grandview R-2 High School will be hosting the 1st ever Grandview R-2 M.S. Invitational Track Meet. We are pleased that you have accepted our invitation.

- 
- Date:** April 21nd, 2015
- Site:** Grandview R-2 High School
- Time:** Scratch Meeting 3:30 p.m., Field Events 4:00 p.m., and Running Events 4:15 p.m.
- Awards:** Individual / Relay Medals 1<sup>st</sup> through 4th Place. 1<sup>st</sup> Place Plaques for Men/Women Total Team Points. **TEAMS WILL BE ALLOWED TO ENTER 3 PER EVENT BUT ONLY ONE RELAY. SPRINT MEDLEY IS UNLIMITED ENTRIES FOR THOSE NOT IN ANY OTHER EVENT.**
- Scoring:** 10-8-6-5-4-3-2-1
- Surface:** 8 – Lane Rubberized Track. We have separate long / triple jump runways and landing pits. **3/16" spikes only**
- Seeding:** Heats / Flights will be seeded by time and distances entered.
- Starting Heights:** Determined at coaches meeting.
- Implements:** Shot and Discus implements will be pooled and can be retrieved after event is concluded.
- Coaches Meeting:** In hospitality room located in the weight room. Packets with entries entered will be handed out.
- Facilities:** Restrooms and Concession stand will be provided. There will be a hospitality room available for coaches.
- Entry Fee:** \$100.00 per team. \$200.00 (if entering both men and women's teams)  
Make checks payable to: Grandview R-2 High School  
11470 St. Rd C  
Hillsboro, MO. 63050
- Entry Instructions:** **Online via MoMileSplit.** No written entries will be accepted. ENTRIES WILL BE DUE BY Sunday April 20th midnight.

Thank You,

Mike Genge

# GRANDVIEW M.S. INVITATIONAL

## ORDER OF EVENTS

### **RUNNING EVENTS: BEGIN AT 4:00 P.M.**

100 LH  
100 M DASH  
4 X 200M RELAY  
OPEN 1200  
1600M RUN  
4 X 100M RELAY  
400M DASH  
800 M RUN  
200 M DASH  
SPRINT MEDLEY  
4 X 400M RELAY

### **FIELD EVENTS: BEGIN AT 4:00 P.M.**

4 ATTEMPTS FOR THROWS AND HORIZONTAL JUMPS

**SHOT PUT:** BOYS THEN GIRLS

**DISCUS:** GIRLS THEN BOYS

**LONG JUMP:** OPEN PIT  
(CAFETERIA STYLE) 2.5 HOURS TO COMPLETE

**TRIPLE JUMP:** OPEN PIT  
(CAFETERIA STYLE) 2.5 HOURS TO COMPLETE

**HIGH JUMP:** BOYS THEN GIRLS

**POLE VAULT:** GIRLS THEN BOYS