

West River Invitational

TO: BLACK HILLS AREA 7TH AND 8TH GRADE TRACK COACHES
(6th Graders are not allowed at this meet.)

RE: WEST RIVER MIDDLE SCHOOL INVITATIONAL TRACK MEET
Wednesday, May 3rd @ 8:00 a.m. – ***Sioux Park Complex***

The West River Middle School Invitational Track and Field Meet will be held at the **Sioux Park Complex** in Rapid City, SD on Wednesday, May 3rd. Attached you will find a schedule of events to help you plan for the meet. We will start at **8:00 AM** with the 3200 Meter Run and Boys Open Discus, Girls Open High Jump, Boys 7th Long Jump and the 7th Girls Shot Put. We expect the meet to conclude around 4:00 pm. The meet will be conducted under the SDHSAA code with the exceptions found in the following instructions:

1. **Please complete your online entries with an accurate list of athletes and their best times so that heat and lane assignments can be made prior to the meet.** (Heat and lanes will be arranged according to best times). Also, please indicate best throws in the shot put and discus and the best jump in the long and triple jump so we can place competitors in appropriate flights. Use the free online registration at Athletic.net for all entries, no other registration will be accepted. **Athlete Registration will be locked on 5/01/2023 at 11:00 AM (local time).** Athletes will not be added on the day of the event; only scratch ads will be allowed.

2. Medals will be awarded to the top 3 runners in each event. Medals will be divided in the crow's nest as events are completed and placed in each school's envelope. **Please pick these up after the meet.**

3. The entry fee is as follows:

7 th Girls Division.....\$20	7 th Boys Division.....\$20
Open Girls Division\$20	Open Boys Division.....\$20

TOTAL: If you enter both Girls Divisions.....\$40.00

TOTAL: If you enter both Boys Divisions.....\$40.00

TOTAL: If you enter all 4 Divisions.....\$80.00

4. Please mail your check to:

Rapid City Middle School Activities
Attention: Bonnie Thovson
4860 Homestead St
Rapid City, SD 57703

Checks should be made payable to the Rapid City School District. *Please make your payment before the meet.*

5. **Entries will be emailed out by 3:00 Monday.** If changes need to be made, email Darren Paulson (ldpauley@rap.midco.net) by 8:00 p.m. Heat and lane assignments will be emailed out after that (hopefully by 9:00 p.m.), you can also check on Trackmeet.io. Field event changes can be made at the field event.
6. The Sioux Park track is an all-weather track on which only 3/16" spikes or shorter can be used. We have found that gym shoes work well for middle school athletes.
7. The 4K shot will be used for 7-8th boys. The 7-8th girls will use the 6 lb. shot. All discus throwers will throw the high school girls' discus.
8. In the open division, a contestant may participate in FOUR events.
9. In the 7th grade division a contestant may participate in THREE events.

Entries #'s:

3200, 1600 - *Unlimited Entries*

Shot & Disc – *6 Entries*

800, Long Jump and High Jump - *4 Entries*

75 & 200 Hurdles *4 Entries*

Triple Jump, 100, 200 & 400 M Dash - *3 Entries*

Relays - *2 Entries*

10. A boy or girl may compete in the open division or 7th grade divisions as long as you stay within the limitation on number of events. A contestant cannot, however, compete in more than one division of the same event.
11. Boys high and girls low hurdle races will be 75 meters distance with the following spacing:

Start to 1 st Hurdle.....	13 Meters
Between Hurdles.....	8 Meters
Last Hurdle to Finish.....	14 Meters
Hurdle Heights: 8 th Boys	36"
7 th Boys.....	33"
Girls Lows.....	30", 7 Hurdles
The 200 meter hurdle distances are as follows:	
Start to 1 st Hurdle.....	50 meters
Between Hurdles.....	35 meters
Last Hurdle to Finish.....	10 meters
Hurdle Heights - All divisions	30"

12. Each competitor will be allowed three trials in the shot put, discus, long jump and triple jump in all divisions. There will be no finals in these events.
13. A gate admission fee will be charged for spectators.
Students: \$1.00 Adults: \$5.00
14. **No participant can run both the 1600 and 3200 meter events.**
15. **If any participant fails to show for a designated heat, they will not be added to another heat.**
16. We ask the coaches to supervise and instruct their teams in PICKING UP THEIR AREA.
17. To alleviate some of the problems during the meet, it is recommended that each coach discuss the following track procedures with their squad prior to the meet.
 - * After returning to the finish line in your proper lane, leave the area to the west. If friends are going to meet you after a race with your sweat clothes, they must do so off the track area. **THEY WILL NOT BE PERMITTED TO MEET YOU AT THE FINISH LINE.**
 - * **Do not ask meet officials for your times.** They will be given on the P.A.
 - * All athletes must stay behind the roped-off areas. We do not want the finish line area continually congested with athletes.
 - * High jump pits are to be used for that event only, not as a place for contestants to sit.
 - * **Please do not set up team camps on the infield.**
 - * Only **INDIVIDUALS IN UNIFORMS WILL BE ALLOWED** in the infield. All coaches (unless working an event), parents and students not competing must remain in the stands.
 - * No footballs, frisbees, etc. will be allowed thrown on the infield.
19. Coaches please go over whistle commands with your athletes.
21. All relay members **must** wear the same uniform.
20. CONCESSIONS: A concession stand will be available.