



Northwest Invitational

Saturday April 7th, 2018

Northwest High School is excited to invite you to the 5th Annual Northwest Invitational Track Meet on Saturday April 7, 2018. An order of events for the meet is enclosed. We will hold a coaches meeting at 8:30 a.m. Please make entries at entry.trxctiming.com by 5:00 p.m. on Monday, April 2nd. Scratches and changes may be made until Friday, April 6th at 9:00 a.m. No changes will be allowed on the day of the meet.

- One-fourth inch spikes or less may be used on all weather surfaces. Tennis balls and chalk only may be used on the track and runways (no tape). Throwing circles are concrete.
- The turf field is for coaches and athletes **warming up only**, and **no food is allowed out on the turf**. All athletes and teams not warming up need to be off of the field area and away from the bullpen.
- Tents may be set up in the field on the back stretch of the track near the vertical jump pits. Please keep tents at least 10 feet back from the sidewalk that runs on the outside of fence around the track.
- Teams must come dressed. Northwest will not provide locker rooms. There will be a concession stand and **meet t-shirts will be sold for \$15**.

Limitations:

- Schools may enter two individuals and one relay in each running event on each level. Varsity field events are limited to two individuals, but JV may enter three. There will be no division crossover.
- **Athletes of any grade can run J.V. provided that they are not your top athletes.**
- Races will begin promptly at 9:00 a.m. and will proceed using a rolling schedule. Heats/Flights will be seeded by time and distance entered. There will be no prelims.
- Varsity field events will be allowed four attempts; J.V. will be allowed three. Starting heights for field events will be decided based upon entries. Javelin will be contested on both the varsity and JV level for points and will be thrown on the outfield of the baseball field behind the stands.
- In an attempt to offer signature events and create a unique experience at the Northwest Invitational there have been two changes made to the typical schedule. The 4x200 Meter Relay has been replaced with a **Sprint Medley (1-1-2-4)**, and the 1600 meter run has been replaced with a **1500 Meter Run**.

Awards: There will be a first place team award for each level, and medals for the first five places on Varsity and the first three places on Junior Varsity. Scoring: 10-8-6-5-4-3-2-1.

Workers: We will need a coach from each school to help assist us in running field events and judging exchange zones. Please fill out the google form using the link below to request work assignments.

Entry Fee: \$125 per division, \$400 for all four divisions

EACH TEAM NEEDS TO CONFIRM ITS INTENT TO BE IN THE MEET NO LATER THAN MARCH 3rd. PLEASE CLICK ON THE FOLLOWING LINK TO CONFIRM YOUR INTENT. ON THIS FORM YOU CAN ALSO REQUEST YOUR PREFERRED WORK ASSIGNMENT FOR THE MEET. THANK YOU.

<http://goo.gl/forms/O71m69egE1>

Regards,

Ken Campbell
Head Boys' Track Coach
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Glen House
Head Girls' Track Coach
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Jeff Taggart
Athletic Director
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NORTHWEST INVITATIONAL SCHEDULE

Field Event Time Schedule

Shot Put	9:00 a.m.	Varsity girls followed by J.V.
Discus	9:00 a.m.	Varsity boys followed by J.V.
High Jump	9:00 a.m.	Varsity girls followed by J.V.
Pole Vault	9:00 a.m.	Varsity boys followed by J.V.
Long Jump	9:00-11:30 a.m.	ALL GIRLS
Triple Jump	9:00-11:30 a.m.	ALL BOYS
Javelin	9:00 a.m.	ALL Varsity followed by J.V.
Shot Put	1:00 p.m.	Varsity boys followed by J.V.
Discus	1:00 p.m.	Varsity girls followed by J.V.
High Jump	1:00 p.m. (appx. after girls)	Varsity boys followed by J.V.
Pole Vault	1:00 p.m. (appx. after boys)	Varsity girls followed by J.V.
Long Jump	12:00-2:30 p.m.	ALL BOYS
Triple Jump	12:00-2:30 p.m.	ALL GIRLS

Running Event Order

<i>RUNNING EVENTS BEGIN AT 9:00 a.m.</i>
<i>J.V. FOLLOWED BY VARSITY</i>
Girls 4x800 Meter Relay
Boys 4x800 Meter Relay
Girls 100 Meter High Hurdles
Boys 110 Meter High Hurdles
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls Sprint Medley Relay (1-1-2-4)
Boys Sprint Medley Relay (1-1-2-4)
Girls 1500 Meter Run
Boys 1500 Meter Run
Girls 4x100 Meter Relay
Boys 4x100 Meter Relay
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 300 Meter Low Hurdles
Boys 300 Meter Intermediate Hurdles
Girls 800 Meter Run
Boys 800 Meter Run
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 3200 Meter Run
Boys 3200 Meter Run
Girls 4x400 Meter Relay
Boys 4x400 Meter Relay

Work Assignments

Boys High Jump	
Girls High Jump	
Boys Long Jump	
Girls Long Jump	
Boys Triple Jump	
Girls Triple Jump	
Boys Pole Vault	
Girls Pole Vault	
Boys Shot Put	
Girls Shot Put	
Boys Discus	
Girls Discus	
All Javelin	
ALL 4x100	
Exchange 1	
Exchange 2	
Exchange 3	
ALL SPRINT MEDLEYS	
Exchange 1	
Exchange 2	
Exchange 3	Starters
Break Line	

Referee	
Starter	
Bullpen	
Awards	
Announcer	
Games Committee/Jury of Appeals	