

Holt Varsity Track Invitational

Saturday, April, 1nd, 2023



- Meet times:** 8:30AM Meeting
9:00AM Field Events
9:45AM Running Events
- Entries:** 2 athletes per field event/3 per running
1 Relay team
- Heat/Flight Sheet:** [Click here](#) to see heat and flight sheet
- Meet Questions:** craigkinnary@wsdr4.org (coach)
jasongreen@wsdr4.org (activities director)
- Deadline:** The entry deadline will be **Friday, March 31st, 202 at 9am**
Go to momilesplit.com to enter and manage your athletes.
There will not be any adds at the Coaches Meeting
- Rules:** We will follow the M.S.H.S.A.A. and N.F.H.S. rules.
- Scoring:** 10, 8, 6, 5, 4, 3, 2, 1

Time Schedule

8:30AM-	Coaches Meeting	Infield
9:00AM -	Boys High Jump	followed by girls
	Girls Pole Vault	followed by boys
	Girls Long Jump	(Cafeteria Style – 1 ¼ hour) - 3 Jump
	Girls Discus	(3 THROWS NO FINALS) followed by boys
	Boys Shot Put	(3 THROWS NO FINALS) followed by girls
10:30AM -	Boys Long Jump	(Cafeteria Style – 1 ¼ hour) - 3 Jump
12:00PM -	Javelin	(Girls followed by boys)
	Girls Triple Jump	(Cafeteria Style – 1 ¼ hour) - 3 Jump
1:30PM -	Boys Triple Jump	(Cafeteria Style – 1 ¼ hour) - 3 Jump

We will use a Rolling Time Schedule

9:45AM -	Girls 4x800
	Boys 4x800
	Girls 100M Hurdles
	Boys 110M High Hurdles
	Girls 100M Dash
	Boys 100M Dash
	Girls 4x200M Relay
	Boys 4x200M Relay
	Girls 1600M Run
	Boys 1600M Run
	Girls 4x100M Relay
	Boys 4x100M Relay
	Girls 400M Dash
	Boys 400M Dash
	Girls 300M Low Hurdles
	Boys 300M Intermediate Hurdles
	Girls 800M Run
	Boys 800M Run
	Girls 200M Dash
	Boys 200M Dash
	Girls 3200M Run
	Boys 3200M Run
	Girls 4x400M Relay
	Boys 4 x400M Relay