

4th Annual Anchorage Invitational  
May 1, 2 2009

Friday's Events

9:00am: COACHES MEETING, Bartlett Track Bleachers

**10:00 am**

High Jump: Boys JV (South end of track) (opening height 4'10")

High Jump: Girls JV (North end) Outside (opening height 3'8")

Shot Put: Girls JV (18' minimum marking distance) followed by Boys JV Shot Put (30')

Discus: Boys JV (100') followed by Girls JV discus (70')

Triple Jump: Girls JV (20') (East pit, closest to bleachers)

Long Jump: Boys JV (12') (West pit, near backstretch of track)

**\*\*Note:** For the JV events of Shot Put, Discus, Long Jump, and Triple Jump, every participant gets 4 attempts, no finals.

**\*\*Note:** The shot, discus, long and triple jump JV competitions will be done in an "open pit" style, meaning a participant can come do their jumps/throws at any time between 10am-1:00pm

**\*\*Note:** Anything under minimum distance will be estimated, and will not count toward qualifying standards

**\*\*Note:** 9:30-10:00am: athletes must check in. This is also open warmup time.

**1:00pm: Order of events**

3200m girls (Varsity and JV)

3200m boys (Varsity and JV)

4 x 800m: Girls JV

4 x 800m: Boys JV

100h: Girls JV

110h: Boys JV

100m: Girls JV

100m: Boys JV

4 x 200 relay: Girls JV

4 x 200 relay: Boys JV

1600m: Girls JV

1600m: Boys JV

100h: Girls V (prelims)\*\*

110h: Boys V (prelims)\*\*

4 x 100m relay: Girls JV

4 x 100m relay: Boys JV

400m: Girls JV

400m: Boys JV

300hurdles: Girls JV

300hurdles: Boys JV

100m: Girls V (prelims)\*\*

100m: Boys V (prelims)\*\*

800m: Girls JV

800m: Boys JV

200m: Girls JV

200m: Boys JV

200m: Girls V (prelims)\*\*

200m: Boys V (prelims)\*\*

4 x 400m: Girls JV

4 x 400m: Boys JV

**\*\*Varsity participants:** 100m dash, 200m dash, and 100/110m hurdles are scheduled for preliminaries and finals. Top eight TIMES qualify for finals.

## 3:00pm

Shot Put: Girls V (25' minimum marking distance)

Discus: Boys V (100')

Triple Jump: Boys JV followed by Girls Varsity (pit 1, closest to bleachers)

Long Jump: Girls JV followed by Boys Varsity (pit 2, near backstretch of track)

**\*\*Note:** For the JV events of Shot Put, Discus, Long Jump, and Triple Jump, every participant gets 4 attempts, no finals.

**\*\*Note:** The shot, discus, long and triple jump JV competitions will be done in an "open pit" style, meaning a participant can come do their jumps/throws at any time between 3:00-5:00pm

**\*\*Note:** Anything under minimum distance will be estimated, and will not count toward qualifying standards

**\*\*Note:** Varsity entries must have distances noted. 3 per school.

**\*\*Note:** Varsity throwers/jumpers must check in before start of field event. If athlete has at least one mark, can possibly qualify for final

**\*\*Note:** For the varsity long jump, triple jump, discus and shot put: 3 attempts and 3 finals (8 finalists).

**\*\*Note:** There will be 10 minutes between flights to allow for warm-ups

## Saturday's Events

Coaches meeting: 9:00am Bartlett Track Bleachers

### **10:00 am**

High Jump: Boys V (South end of track)

High Jump: Girls V (North end of track)

Shot Put: Boys Varsity (40')

Discus: Girls Varsity (80')

**\*\*Note:** For Shot, Discus, LJ, and TJ: see notes from previous day field events

### **12:00pm: Order of events**

4 x 800m: Girls Varsity (1-2 heats)

4 x 800m: Boys Varsity (1-2 heats)

100h: Girls Varsity (finals)

110h: Boys Varsity (finals)

100m: Girls Varsity (finals)

100m: Boys Varsity (finals)

4 x 200m: Girls Varsity (1-2 heats)

4 x 200m: Boys Varsity (1-2 heats)

1600m: Girls Varsity (1 heat)

1600m: Boys Varsity (1 heat)

4 x 100m: Girls Varsity (1-2 heats)

4 x 100m: Boys Varsity (1-2 heats)

400m: Girls Varsity (3-4 heats)

400m: Boys Varsity (3-4 heats)

300mh: Girls Varsity (3-4 heats)

300mh: Boys Varsity (3-4 heats)

800m: Girls Varsity (1-2 heats)

800m: Boys Varsity (1-2 heats)

200m: Girls Varsity (finals)

200m: Boys Varsity (finals)

4 x 400: Girls Varsity (1-2 heats)

4 x 400: Boys Varsity (1-2 heats)

### **2:00pm**

Long Jump: Girls Varsity (12')

Triple Jump: Boys Varsity (32')

**\*\*Note:** For Shot, Discus, LJ, and TJ: see notes from previous day field events

