

TWENTINTH ANNUAL GIRLS/BOYS
SAGINAW VALLEY STATE UNIVERSITY
INVITATIONAL INDOOR TRACK MEET

CONTACT: Grant Wall, Head Coach – Office (989) 964 – 7233
Jenny Bellsky, Assistant Coach – Office (989) 964-7329

WHEN: Girls: Wednesday, March 18, 2008 Starting Time: Noon
Boys: Thursday, March 19, 2008 Starting Time: Noon

WHERE: Saginaw Valley State University's Ryder Center Athletic Center

ENTRY LIMITATION: Maximum of 2 entries per event

ENTRY DEADLINE: Thursday, March 12th (Both Girls & Boys)
Email or fax your entries. Email: Jenny Bellsky, jlbellsk@svsu.edu
Fax: (989) 964-7389

ENTRY FEE: \$150.00 per team/\$300.00 if both boys and girls enter.
Payment deadline: Thursday, March 12th
Contract deadline: Thursday, March 12th
Make checks payable to: SVSU Track & Field
Mail your checks to: Grant Wall, Track & Field Coach
Saginaw Valley State University
7400 Bay Road
University Center, MI 48734

COMPETITION: Division I, II, (III/IV combined), boys and girls. Divisions will be scored separately.

AWARDS: Medals to top 8 places (including relays). We will have championship team trophies and runner-up trophies for each division.

EVENTS: See enclosed event schedule. All running events will be seeded by time IN METERS.

FINALS: Field events - 3 jumps or throws - NO FINALS

ELIGIBILITY: Eligible athletes from Michigan schools. Limits of competition according to MHSAA rules. Maximum 4 events per athlete.

TRACK: 6 lane Mondo-rubber surface. Shot ring is plywood.

FOOTWEAR: NO SPIKES ALLOWED!!!! Spikeless shoes - OK

LOCKER ROOMS: Boys: Locker rooms B, Girls: Locker rooms D

STARTING HEIGHTS:

Boys – All Classes

HJ 5' 4"

PV 10' 6"

SP 35' to be measured*

LJ 17' to be measured*

*Each athlete will have at least one throw/jump measured regardless of distance.

Girls – All Classes

HJ 4' 4"

PV 8' 0"

SP 25' to be measured*

LJ 13' to be measured*

ORDER OF EVENTS:

Boys – Girls

11:00A.M. Scratches and Substitutions (Note: Substitutions permitted)

1. Field Events: Scratches and Substitutions at scratch table.
2. Running Events: Scratches and Substitutions at scratch table.
3. All running events will run Division III first, II second, and I third.
- 4.* See field event order below.

NOON Field Events – 3 jumps or throws – No Finals.

NOON Running Events: ALL TIMED FINALS. Heats will be seeded according to times entered.

BE REALISTIC – Last year's time outdoors is not necessarily this year's time in March.

Lapped runners will be moved to Lane 2 - NO EXCEPTIONS. They may run their race to completion in Lane

2. Failure to move to Lane 2 when lapped will result in disqualification.

Coaches time your own athletes. We will time the top 8.

1. 3200 Meter Run
2. 4 x 800 Relay
3. 60 Meter Hurdles
4. 60 Meter Dash
5. 400 Meter Dash
6. 800 Meter Run
7. 4 x 200 Relay
8. 1600 Meter Run
9. 4 x 400 Relay

NOON Field Events*

1. Shot Put-----Division III, II, I
2. High Jump-----Division II, I, III
3. Long Jump-----Division I, III, II
4. Pole Vault-----Division I, II, III

SOUVENIR "T" SHIRTS WILL BE AVAILABLE FOR \$10.00
CONCESSION STAND WILL BE OPEN THE ENTIRE MEET.