

**MARSHALL TRACK and FIELD
MARSHALL INVITATIONAL
THURSDAY, APRIL 25, 2016**

Teams Invited: Redwood Valley, Montevideo, Willmar, Waconia and Marshall

Location: Marshall Regional Track and Field Complex, SMSU campus, north Hwy 23, Marshall MN

Entry Fee: \$100.00, please send as soon as possible to Bruce Remme at MHS 400 Tiger Dr., Marshall MN 56258

Timing We use the Lynx electronic timing system. All rosters will be uploaded from the MSHSL website. Please ensure your roster is up to date and accurate.

Camps: Please avoid camps on the infield. Grassy areas for camps are available on the south end along the pine trees as well as the west side of the field event area.

Field Events:

Begin at 4:00 P.M.

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| Pole Vault: | Girls, Boys to follow (May be held simultaneously) |
| Shot Put: | Boys, Girls to follow (Four Throws With No Finals) |
| High Jump: | Girls, Boys to follow |
| Discus: | Girls, Boys to follow (Four Throws With No Finals) |
| Long Jump: | 4:00: Cafeteria Style. (Three Jumps With No Finals) |
| Triple Jump: | Following Long Jump: Cafeteria Style. (Three Jumps With No Finals) |

Boys Pole Vault will start at 7'0" and be raised 1' per time to 9', 6" thereafter.

Girls Pole Vault will start at 6'0" and will be raised 6" per time

Boys High Jump will start at 5'. Move 2" per time to 6'0", 1" thereafter.

Girls High Jump will start at 4'4". Move 2" per time to 5'0", 1" thereafter.

(May be adjusted by game committee on meet day because of weather or field conditions)

Track Events:

Begin at 4:30 P.M.

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| 1. Girls 3200 Meter Relay | 2. Boys 3200 Meter Relay |
| 3. Girls 100 Meter Hurdles | 4. Boys 110 Meter Hurdles |
| 5. Girls 100 Meter Dash | 6. Boys 100 Meter Dash |
| 7. Girls 800 Meter Relay | 8. Boys 800 Meter Relay |
| 9. Girls 1600 Meter Run | 10. Boys 1600 Meter Run |
| 11. Girls 400 Meter Relay | 12. Boys 400 Meter Relay |
| 13. Girls 400 Meter Dash | 14. Boys 400 Meter Dash |
| 15. Girls 300 Meter Hurdles | 16. Boys 300 Meter Hurdles |
| 17. Girls 800 Meter Run | 18. Boys 800 Meter Run |
| 19. Girls 200 Meter Dash | 20. Boys 200 Meter Dash |
| 21. Girls 3200 Meter Run | 22. Boys 3200 Meter Run |
| 23. Girls 1600 Meter Relay | 24. Boys 1600 Meter Relay |

Marshall Regional Track and Field Complex has a Mondo track surface. The Long Jump, Pole Vault and High Jump also have Mondo surfaces. We will allow no participant on these surfaces who has shoes with spikes over 1/4" in length and spikes must be pyramid in shape. Please check each of your participant's shoes so they meet these specifications and are not disqualified.

The discus and shot put rings are concrete, so rubber-soled shoes are necessary. The shot and discus are outside the track area. (Please keep all weights outside the track area.)

Unlimited entries per event. Place your fastest times in the first heats. Two relays allowed in relay events.

Concessions will be available; **restrooms** are available under the bleachers and/or porta-pots on the south end.

Thank You,
Bruce Remme, AD