

Redwood Valley Track Invite 2016

From: Andy Ourada, Athletic Director, Redwood Valley Schools

Teams competing: Comfrey- Cedar Mountain-Springfield, Canby-Minneota, Redwood Valley

Fee: \$60 per team

When: May 5th 2016. Admission Adults: \$6.00 Students \$4.00

Coaches Meeting: 3:30pm

National Anthem: 3:55pm

Field Events: 4:00pm

Running Events 4:30pm- Regular MSHSL events and order.

General Information

- The Football field will be used as a warm-up area for runners on deck only.
- You can have unlimited entries in each event but must follow the 4 event maximum. Each team is allowed 2 relay teams per relay (No Awards)
- Please have your entries submitted on Athletic.net, you will get an email from Darren Tighe.
- SCORING- IND- 10-8-6-4-2-1 Relay 10-8-6-4-2

Field Events:

- We will run :
 - Shot Girls then Boys, Disc Boys then Girls
 - LJ Girls then Boys, TJ Boys then Girls
 - PV Girls then Boys, HJ Boys then Girls

*There will not be boxes coaches boxes taped off for reviewing video, but coaches WILL BE allowed to review video with athletes to teach. Videos WILL NOT be used to overturn officials decisions.

Concessions: Will be available sponsored by the RV booster club

Any Questions please email aourada@redwoodareaschools.com call school 507-644-8063 or my cell 507-829-8668

Andy Ourada