

Homer Invite - Track & Field: April 12-13, 2024

We will be staying at Homer High School. Please bring:

- a sleeping bag, pillow and/or air mattress.
- bring your own towel and personal hygiene items (soap, deo, toothbrush)
- uniform, solid black clothes for under uniform, warm-ups, spikes (1/8" metal only), running shoes. Plan for poor weather conditions (wind, RAIN GEAR, cold)
- **Feel free to bring your own food, but cold storage will be unavailable. HEALTHY FOOD ONLY!!!!**
 - NO ENERGY DRINKS
 - Food choices throughout the day need to be beneficial.
- Dinner: Carrs or order pizza or bring your own. Breakfast and snack items (Bagels, peanut butter, oatmeal, granola bars, fruit will be provided for you) PARENTS – we are looking for donations

NOTE: Entries are limited on this meet. Not every athlete will get to travel to every meet and we will do our best to get athletes into future meets.

We have a mini meet on Wednesday, April 17th at Colony and another away meet on April 19-20.

Questions can be sent to Lesvarys@gmail.com or 907-315-7159

Friday, April 12nd

- **6:00am Leave Wasilla High**
- **7:30am Stop at Carrs on Huffman in Anchorage – IF NEEDED.** This will be a place to pick up healthy snacks for the trip. Next stop will be Soldotna. Please feel free to bring your own food for the trip.
- **11:00am (approx.) Stop in Fred Meyer in Soldotna.** Restrooms and food if needed.
- **1:00pm – Arrive in Homer.** Set up tent area outside. Bring items to the gym later in the day.
- **2:00pm** - Warm-ups start for all field events and 100/110hurdles. We need help setting up tent area
- 2:30 MEET STARTS
- **6:00pm** – Dinner

During the hours from 6:30 – 9:30 you are not allowed to leave the school. We are here to compete in Track and Field, you are expected to prepare to perform your best the next day.

- **9:30pm** – Boys and Girls in own areas
- **10:30pm** lights out. Phones will be turned in and returned in the morning.

Saturday, April 13rd -

- **7:30am WAKE UP**
- **8:00am - bus to store for breakfast/lunch (throwers and steeple chase - you start at 9am)**
- **8:30am – Field events and Steeple Chase to venue and warmed up**
- **9am – 6pm** (approx.) Track Meet
- **6:30pm** – Leave Homer (will stop at Carrs for dinner in Homer or Soldotna)
- **12:00am** - Arrive back at WHS

FRIDAY ORDER OF EVENTS

1:30 Coaches Meeting in Library

2:30 High Jump Boys (outside) – 4:00 Girls

2:30 Shot Put Unified, then Girls

2:30 Discus Boys

2:30 Long Jump Girls and LJ Unified – 2:30 TJ Boys

2:30 Girls Race First, then Boys (*exception - race #8 unified 4x100)

Girls

Boys

1. 100 m Hurdles Finals

2. 110 m Hurdles Finals

3. 100 m Dash Prelims

4. Unified 100 Meters

5. 100 m Dash Prelims

6. 1500m Run

7. 1500m Run

8. 400 m Relay-Unified

9. 400 m Relay Girls

10. 400 m Relay

11. 400 meter

12. 400 meter

SATURDAY ORDER OF EVENTS

8:30 Community Steeplechase

9:00 2k Steeplechase Girls then Boys

9:00 Discus Girls

9:00 Shot Put Boys

10:00 Triple Jump Girls

10:00 Long Jump Boys

9:30 Track Events Girls Race First, then Boys

Girls

Boys

13. 100m Dash Finals

14. 100m Dash Finals

15. 300 hurdles

16. 300 hurdles

17. 800 meters

18. 800 meters

19. 200 meters

20. 200 meters

21. 3200 Meters

22. 3200 Meters

23. 1600 m Relay

24. 1600 m Relay