



TROY BUCHANAN ATHLETIC DEPARTMENT

JASON SMITH –ACTIVITIES DIRECTOR
KATY LUCAS – ACTIVITIES SECRETARY



2010 Trojan Invitational April 27th, 2010

1. SiteTroy Buchanan High School
2. Entry Fees: Participating schools will share costs
3. Varsity Girls & Boys
4. **Entries: REGISTER ONLINE at www.trxctiming.com** (two (2) athletes per event from each school with one (1) relay team.) **Closed**
5. [Performance List](#)
6. [Heat/Flight Sheets](#)
7. We will follow the MSHSAA and NFS rules.
8. Starting heights: Girls High Jump **4'0"** Boys High Jump **5'0"**
 Girls Pole Vault **6'0"** Boys Pole Vault **8'0"**
9. Long Jump and Triple Jumps - 4 jumps – Cafeteria Style
10. All Shots and Discus will be pooled. Each Judge will check the shots and discus.
11. Shot Put and Discus - 4 throws
12. Medals - Top 3 places -- Trophies - Top 3 placing Teams.
13. Teams are responsible for their valuables. No dressing facilities will be available.
14. The high school building is off limits except for the rest rooms located in the lower part of the building.
15. Only 1/8" and 3/16" spikes are allowed on the track and runway surfaces.
16. 10 sets of starting blocks are available. Be aware of the spike requirements should you bring your own and make sure that your blocks and other equipment are labeled.
17. Stay off the football field. Coaches, please help us enforce this.
18. Park all busses by the Ag Building Area.



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Order of Events

Girls High Jump (Boys will follow)
Boys Pole Vault (Girls will follow)
Girls Triple Jump (Boys will follow) Cafeteria Style-1.5 Hours, 4 Jumps No Finals
Boys Long Jump (Girls will follow) Cafeteria Style-1.5 Hours, 4 Jumps No Finals
Girls Discus (Boys will follow) 4 Throws No Finals
Boys Shot Put (Girls will follow) 4 Throws No Finals

Girls 4x800
Boys 4x800
Girls 100M Hurdles
Boys 110M High Hurdles
Girls 100M Dash
Boys 100M Dash
Girls 4x200 Relay
Boys 4x200 Relay
Girls 1600M Run
Boys 1600M Run
Girls 4x100M Relay
Boys 4x100M Relay
Girls 400M Dash
Boys 400M Dash
Girls 300M Low Hurdles
Boys 300M Intermediate Hurdles
Girls 800M Run
Boys 800M Run
Girls 200M Dash
Boys 200M Dash
Girls 3200M Run
Boys 3200M Run
Girls 4x400M Relay
Boys 4x400M Relay