

# 2010 Mineral Area Relays / Herculaneum Girl Invitational

**Date:** Saturday April 10<sup>th</sup>, 2010

**Site:** Herculaneum High School

**Entries:** The deadline for submitting entries is Wednesday 4-07-10 at 5:00 pm **Closed**

**Scratches/Changes:** Coaches can manage their roster until Friday, April 9, 2010 at 5:00 p.m.  
**Closed**

**Performance List:** [Performance List](#)

**Field Event Flight Sheets:** [Field Event](#)

**Time:** Field events will start at 10:00 AM and prelims for the 100M hurdles, 110M hurdles, 100M, and 200M will start 10:00 AM. Finals for all running events will begin at 12:00 PM. There will be a **coach's meeting** at 9:00 AM in the High School Library.

**Awards:** First through fifth will medal in the varsity division. Ribbons will be awarded for second through fifth in the JV division along with first place medals. We will award a team championship plaque in each division along with an overall winner. Also a high point athlete will be awarded in the varsity divisions.

**Scoring:** 10-8-6-5-4-3-2-1

**Surface:** 8 lane rubberized track. We allow 3/16 and below on the track and runways. **NO TAPE ON THE TRACK OR RUNWAYS.**

**Seeding:** Heats/Flights will be seeded by time and distances entered.

**Field Events:** Each athlete will receive four jumps and four throws - there will be no finals. Opening height for the pole vault and high jump will be decided at the coaches meeting.

**Entry Fees:** The entry fee will be \$75.00 per division or \$300.00 if you enter all four divisions.

**Divisions:** The meet will have four divisions a JV boys, JV girls, Varsity boys, and Varsity girls. **You may enter an athlete in only one division. Also only 9<sup>th</sup> and 10<sup>th</sup> graders can run in the JV division.**

**Miscellaneous:** There are bathrooms available but no locker rooms.

**If you have any question please feel free to contact coach Ryun Kasten at 314-363-3655 or Virginia Ream at 314-757-0624.**

## Time/Declaration Schedule

### JV girls – Varsity girls – JV boys – Varsity boys

	Prelims:	All running events participants will need to check into the declaration table by the appropriate times listed to declare your intention to compete or you will be scratched. If you declare and don't compete you will be scratched from the meet.
<b>10:00 a.m.</b>	100 meter dash	Must Declare by 9:30 a.m.
	100 meter hurdles	Must Declare by 9:30 a.m.
	110 meter hurdles	Must Declare by 9:45 a.m.
	200 meter dash	Must Declare by 9:45 a.m.
	Finals:	
<b>12:00 PM</b>	4x800 relay	Must Declare by 11:30 a.m.
	100 meter hurdles	Top ? Report to Bullpen
	110 meter hurdles	Top ? Report to Bullpen
	100 meter dash	Top ? Report to Bullpen
	4x200 relay	Must Declare by the end of Girl's 4x800 Relay
	1600 meter run	Must Declare by the end of Girl's 100 Hurdles
	4x100 relay	Must Declare by the end of Girl's 1,600 Run
	400 meter dash	Must Declare by the end of Girl's 1,600 Run
	300 meter hurdles	Must Declare by the end of Girl's 4x100 Relay
	800 meter run	Must Declare by the end of Girl's 400 Meter Dash
	200 meter dash	Must Declare by the end of Girl's 300 IM Hurdles
	3200 meter run	Must Declare by the end of Girl's 800 Meter Run
	4x400 relay	Must Declare by the end of Girl's 200 Meter Dash

**Each athlete will receive 4 jumps and 4 throws there will be no finals**

	Order of Field Events:	All field events report to competition area. No scratches or declarations need to be made.
<b>10:00 am</b>	Boys Shot Put - JV followed by Varsity	
	Girls Discus - JV followed by Varsity	
	Boys Pole Vault - JV followed by Varsity	
	Girls High Jump - JV followed by Varsity	
	Boys Triple Jump - JV and Varsity together (cafeteria style)	
	Girls Long Jump - JV and Varsity together (cafeteria style)	
<b>1:00 pm</b>	Girls Shot Put -JV followed by Varsity	
	Boys Discus - JV followed by Varsity	
	Girls Pole Vault - JV followed by Varsity	
	Boys High Jump - JV followed by Varsity	
	Girls Triple Jump -JV and Varsity together (cafeteria style)	
	Boys Long Jump -JV and Varsity together (cafeteria style)	