



Johnston Middle School Boys Invite

April 26, 2018

We welcome you and your squad to Johnston and the 2018 Johnston Middle School Boy's Track Invitational. This meet will take place at Johnston Stadium, which is our old stadium located at the middle school. Please be aware of construction going on south side of the stadium, but that is where the main entrance will be for teams and spectators. The meet will start with the field events at 4:15 pm (See the list for the order). At 4:45, the running will begin with the 4 x 800. The format will include a Division A and a separate Division B. All teams attending are able to enter kids in the B division. The following teams are entered:

Johnston, Centennial, Urbandale, Ankeny Southview, Southeast Polk, Prairieview, Timberline

Please enter your line-ups at <https://www.aspimeetz.com/27960>

You will need to create a user name and password. Lanes will be determined by seed times. The window will open Thursday, April 19 at 8:00 am and will close on Thursday, April 26 at 11:00 AM to prepare for the meet. Any additional changes (additions or deletions) **MUST** be emailed to Josh Tobey at josh.tobey@johnston.k12.ia.us by **2:00**. **After 2:00** you may only make scratches at the meet (NO ADDITIONS).

Schedule of events are as follows:

4:15 pm Field Events: Must fill A Division entries before entering B division.

- Shot Put - Division "B" first/Division "A" second (3 throws –all finals)
- Discus - Division "A" first/Division "B" second (3 throws –all finals)
- High Jump - Divisions "A" and "B" at the same time (starting height will be 4' 4")
- Long Jump - Division "B" first/Division "A" second (3 jumps –all finals)

Field events will be located in the following areas:

- Shot put and discus - outside of the fence east of the track (circles are concrete)
- Long jump - North of the track
- High jump - North of the track

4:45 pm (Division " A" first followed by Division " B"): Must fill A Division entries before entering B division.

Event	# of "A" Division Entries	# of "B" Division Entries
4X800 Relay	1	3
Shuttle Hurdle Relay	1	2
100 M Dash	2	5
Distance Medley Relay	1	2
400 M Dash	2	2
4X200 Relay	1	3
1500 M Run	3	Unlimited
10 Flight	2	3
200 M Dash	2	4
Sprint Medley Relay	1	2
200 M Hurdles	2	3
800 M Run	3	Unlimited
4X100 Relay	1	3
4X400 Relay	1	3
Shot Put	2	6
Discus	2	6
High Jump	2	3
Long Jump	2	4

**Depending on the final number of entries the 4X800, 1600, and 800 may be run in 1 heat.

1. Assembly area for running events will be at the location in which the event begins.
2. You will need 1/8" spikes or less to run on our track.
3. Report to the clerk at his location (South 10 yard line near finish line) when your event is called to check in and pick up your hip numbers.
4. We ask that your athletes make their camps in the bleachers.
5. Lanes will be determined by seed times.
6. Scoring (will be the same for both divisions): Relays - 10-8-6-4-2-1
Individuals - 10-8-6-4-2-1
7. **All meet deletions need to be submitted by 3:45 to the press box.**
8. Ribbons will be given to the 1st - 6th place winners of each division. A plaque will be given to the winner of each division.
9. ADMISSION: Adults \$3.00
 Students \$1.00
10. Entry Fee - \$50 per school per grade level (\$100.00 for two teams)

If you have any questions about the meet, please contact Josh Tobey, MS Athletic Director at 515-278-0476 or josh.tobey@johnston.k12.ia.us