

# BANGOR MIDDLE SCHOOL DEB CRAIG INVITATIONAL THURSDAY, MAY 17, 2018

**LOCATION:** Bangor High School, 700 10<sup>th</sup> Avenue South, Bangor, WI

**TIME:** Coaches Meeting 3:45 pm Finish Line  
4:00 pm-Field Events  
4:15 pm-Running Events

**TEAMS:** Bangor, Black River Falls, Brookwood, Cashton, Necedah, New Lisbon, Royall and Viroqua

**ENTRIES:** Four individuals per event plus one relay team. An individual athlete may compete in a maximum of three events. No more than 2 running or field events. You will be allowed scratch and replace. No additions.

## **ENTRY PROCEDURES:**

Step 1: Register online at <http://www accuracetimeing.com/>

Step 2: Submit entries by going on <http://www accuracetimeing.com/>

Step 3: Click on Upcoming Meets and find the BANGOR DEB CRAIG INVITATIONAL.

Final entries are due **5/15/2017 (Tuesday) 12:00pm**

**TRIALS AND FINALS:** NO TRIALS OR FINALS

**SPIKES:** Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or “Christmas tree” spikes please. Also, please do not use athletic tape on track for marks in field events. Chalk will be provided.

**SCORING:** 10, 8, 6, 5, 4, 3, 2, 1; Overall Team Scores Will Also Be Kept

<b>STARTING HEIGHTS:</b>	High Jump	Boys – TBD	Girls – TBD
	Pole Vault	Boys – TBD	Girls -- TBD

**SHOT:** Girls First Until Completion with Boys to Follow

**DISCUS:** Boys First Until Completion with Girls to Follow

**HIGH JUMP:** Girls First Until Completion with Boys to Follow

**POLE VAULT:** Boys First Until Completion with Girls to Follow

**LONG JUMP:** Girls first (4:00 – 5:00) Boys to follow (5:30 – 6:30) OPEN PIT

**TRIPLE JUMP:** Boys first (4:00 – 5:00) Girls to follow (5:30 – 6:30) OPEN PIT

**AWARDS:** NO AWARDS

**TEAM AREAS:** Please set up camps alongside the high school —south side of track.

**CONCESSIONS:** Concessions will be available on site.

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DEB CRAIG INVITATIONAL  
THURSDAY, MAY 17, 2018**

**ORDER OF EVENTS**

**4:00 PM All Field Events**

**Chalk only for marking in field events and relays – Please bring with you – NO tape**

**Shot Put 3 Throws NO FINALS**

**Discus 3 Throws NO FINALS**

**Triple Jump 3 Jumps-** Boys first (4:00 – 5:00) Girls to follow (5:30 – 6:30) OPEN PIT

**Long Jump 3 Jumps-** Girls first (4:00 – 5:00) Boys to follow (5:30 – 6:30) OPEN PIT

**High Jump Starting Height—** To Be Determined; Girls first Boys to Follow; We will use the “Five Active” procedure.

**Pole Vault Starting Height—**To Be Determined; Boys First Girls to Follow; We will use the “Five Active” procedure.

**4:15 PM All Running Events (ALL Events Clerked @ Start 100 Start)**

100m Hurdles (30”)

100m Dash

1600m Run

800m Relay

400m Dash

400m Relay

800m Run

200m Dash

1600m Relay

**Officials & Meet Manager:** Officials-Mark Dahl & Andre Cassabonne; Meet Manager-Kevin Kravik (HS Head Coach)

**Relay Exchanges:** Bangor HS Track Athletes

**Schedule:** We will not follow a definitive time schedule but because of the number of teams will try and keep the meet moving. The running portion of the meet will begin with the 100m Hurdles and proceed as quickly as we can in order to accommodate all how must travel any distance. The plan is to have the meet rain or shine, but if severe weather we will cancel by 1:00 pm.

**Questions Contact Kevin Kravik @ [kevkravik@bangorsd.net](mailto:kevkravik@bangorsd.net) (608) 797-5375**

**NO ONE (athletes or coaches) IS TO BE ON THE  
INFIELD GRASS UNLESS JUST COMPLETING  
A RACE!**