

**BANGOR MIDDLE SCHOOL
BANGOR DEB CRAIG INVITATIONAL
THURSDAY, MAY 16, 2024**

LOCATION: Bangor High School, 700 10th Avenue South, Bangor, WI

TIME: 3:30 PM All Field Events Open for Warm-Up
3:30 PM Coaches Meeting Finish Line
4:00 PM All Field Events
4:12 PM National Anthem
4:15 PM Running Events

TEAMS: ?

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 www accuracetimeing.com

Step 2: Submit entries by going on www accuracetimeing.com

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

Final entries are due **5/14/2024 (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

STARTING HEIGHTS:	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

LONG JUMP: Girls/Boys OPEN PIT

TRIPLE JUMP: Boys/Girls OPEN PIT

AWARDS: NO AWARDS

TEAM AREAS: Please set up camps alongside the high school east of the main entrance (toward the baseball/softball fields) —south side of track.

CONCESSIONS: Concessions will be available on site.

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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/Girls OPEN PIT 4:00-6:00

Long Jump 3 Jumps: Girls/Boys OPEN PIT 4:00-6:00

High Jump Starting Height—To Be Determined—Boys and Girls Will Jump Simultaneously on Two Pits. Boys Pit to South – Girls Pit to North. 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

200m Hurdles

800m Run

200 meter hurdles

200m Dash

1600m Relay

Officials & Meet Manager: Officials-Tim Lee & Steve Berg; Meet Manager-Dan Rampetsreiter (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 traveling distance of teams. The plan is to have the meet rain or shine, but if severe weather we will cancel by 1:00 pm.

Questions Contact Dan Rampetsreiter @ drampetsreiter@bangorsd.net or Josh Chaplin @ (608) 486-5207 or jchaplin@bangorsd.net