

**63<sup>rd</sup> Annual Billings Invitational Track Meet**  
**Lockwood High School**  
**Billings, MT**  
**Saturday, April 13<sup>th</sup>, 2024**

**ADs and Head Boys and Girls Track Coaches**

We are looking forward to hosting the Billings Invitational Track Meet on Saturday, April 13<sup>th</sup>. In this its 63<sup>rd</sup> year, the Billings Invite holds great tradition and has been known as one of Montana's premier early-season meets. New this year, this meet will be held at the Lockwood High School Stadium. In this new facility, we hope to provide a better running surface and better experience for both fans and student-athletes.

**Fees**

Please send your \$100 entry fee (\$50 for boys and \$50 for girls) for your team by Wednesday, April 10<sup>th</sup> to Leslie Croaker at 1470 Industrial Avenue, Billings, Mt 59101

**Entries**

Send your entries for the 2024 Billings Invitational through athletic.net by Wednesday, April 10<sup>th</sup> at 8:00 p.m. Entry limits are a maximum of 4 athletes per event per school with no more than 5 events per athlete (this includes relays). Pole Vault verification forms must be submitted prior to the meet at the scorers shed.

**Minimums**

Remember that this is a varsity meet. Minimum times and distances must be met in order to enter an athlete. Please do not enter athletes in these events if they do not consistently meet these minimums.

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
100 Meter Dash	13.0	15.0
200 Meter Dash	28.0	32.0
400 Meter Dash	60.0	75.0
800 Meter Run	3:00	3:20
1600 Meter Run	6:20	7:20
3200 Meter Run	13:00	15:00
<i>Attempts less than the following distances will not be measured</i>		
Discus	110'	80'
Shot Put	35'	25'
Javelin	120'	80'
Long Jump	16'	13'
Triple Jump	34'	28'
High Jump (warmup)	5'2"	4'0"
High Jump (starting height)	5'6"	4'6"
Pole Vault (warmup)	10'6"	7'6"
Pole Vault (starting height)	11'0"	8'0"

Note: All communication regarding changes and cancellations will be sent through Athletic.net

**Admission**

Admission will be charged to all spectators. Adult prices are \$7 and student prices are \$5. BPS passes and student activity cards will be accepted.

**63<sup>rd</sup> Annual Billings Invitational Track Meet**  
**Lockwood High School**

**Billings, MT**  
**Saturday, April 13<sup>th</sup>, 2024**  
**GENERAL INSTRUCTIONS AND INFORMATION**

1. SCHOOL CLASSIFICATION: The meet will be run as a one-class meet, consisting of AA, A, and B schools competing against each other.
2. CHECK-IN: Coaches packets containing special announcements and instructions, schedules, heat sheets, and flight sheets will be available at meet headquarters:

LOCKWOOD STADIUM  
SATURDAY, APRIL 13<sup>TH</sup> AT 8:00 A.M.
3. TRACK WARM-UPS: The track will be available for warm-up starting at 8:00 a.m.
4. DRESSING ROOMS: Locker rooms at Lockwood will be available after the meet.
5. TOWELS: Towels will NOT be furnished.
6. VALUABLES: Billings Public Schools will not be responsible for any personal belongings or school items.
7. ENTRIES: Entries will be limited to 4 athletes per event per school. Event limit per athlete is 5 including relays. Entries shall be submitted through athletic.net by Wednesday, April 10<sup>th</sup> at 8:00 p.m.
8. SCRATCHES AND/OR SUBSTITUTIONS: The final scratch/add meeting will be at 8:15 a.m. Only those participants entered in the meet prior to seeding may be substituted. NO ADDS ARE ALLOWED AT THE MEET.
9. REPORTING TIME: Contestants must report to their event 10 minutes prior to the start of competition. Track contestants will place themselves in the assigned lanes as listed and will be marshalled accordingly. Contestants not reporting at or before last call will be scratched.
10. SPIKES: Spikes no longer than 1/8" are allowed.
11. STARTING BLOCKS: Blocks will be furnished by the meet management
12. MEET IMPLEMENTS – SHOT, DISCUS & JAVELIN: Implements will not be certified. Participants will provide their own implements and will not be provided by certified by meet management.
13. AWARDS & SCORING: 10-8-6-4-3-2-1 Scoring will be used. Medals will be awarded to the top three finishers and ribbons to places 4-6. Individual medals and ribbons will be placed in each team's packet and can be picked up following the last event of the day.
14. ENTRY FEES: Entry fees for this meet are \$100 (\$50 for boys and \$50 for girls) per team. Make checks payable to: Billings Public Schools and are to be mailed to 1470 Industrial Ave., Billings, MT 59101.
15. ADMISSION: \$7 Adults, \$5 Students – BPS Activity Passes will be accepted
16. CONCESSIONS & FOOD TRUCKS: Concessions and/or food trucks will be available on site.

**POLICIES & METHODS**

1. **LIMITATIONS OF EVENTS: MHSА rules modify National Federation Track & Field Rule 4, Section 2, Article 2. Limitation of events: In one-day meets a contestant shall not be allowed**

to participate in more than five events (track and/or field), including relays.

2. RUNNING EVENTS:

- a) 100 Meter Dash; 100 Meter Hurdles; 110 Meter Hurdles - when seeding for preliminaries, we will seed according to entry time. The number of qualifying contestants for finals will depend on the number of entries and the number of heats. We will qualify so that ten (10) run in the finals.
- b) 200 + 400 Meter Dash + 300 Meter Hurdles - these events (8 lanes) will be run as finals on a time comparison basis. We will seed according to ability but will never run more than three (3) runners from the same school in the same race. Lane assignments will be by times.
- c) 800 + 1600 Meter Runs - will be run as finals and from a waterfall start. Runners may cut down once they have established a 2-stride length lead on the runner(s) to their inside. If necessary, we will run the 800 Meter Run in two (2) heats - this will depend on the number of entries.
- e) 3200 Meter Run - will be run as a final on a waterfall start. Runners may cut down once they have established a 2-stride length on the runner(s) to their inside.

3. Relays:

- a) 400 Meter Relay- will be run as a final on a time comparison basis. Each team will run in its lane the whole race with the first and third exchanges taking place at the end of the turn and the second at the beginning.
- b) 1600 Meter Relay - will be run as a final on a time comparison basis. The race will start from a 3-curve stagger with the first runner running his lane. The second runner will receive the baton in his/her lane and must remain in that lane until he/she can cut for the pole position. The third and fourth runners will be fed in according to their teammate's position as he enters the straightaway.

4. FIELD EVENTS

- a) Runways - for the long jump, triple jump, pole vault, and high jump, will be rubber asphalt. **1/8" spikes must be used**. Javelin will be run on the grass.
- b) Take-off Boards - for the long jump and triple jump will be 12" wide.
- c) Shot and Discus Rings - will be thrown from cement pads.
- d) In all throwing events, each competitor will receive three (3) trial throws. The top seven (7) will qualify for the finals.
- e) Throwing Procedures - Contestants will be placed in flights. Throws must be completed within the flight. Contestants for which no qualifying distances are provided will be placed first. The best qualifying distances will be placed last. Competitors in multiple events should report ten (10) minutes prior to the start of the event and communicate with the event judge.

At the end of the preliminaries, the head judge will determine the top seven (7) qualifiers for the finals who will throw in reverse order - taking one attempt at a time. This procedure should help accommodate those competitors who are entered in more than one event.

**Throwing Events** -- In all throwing events, a minimum distance line will be used. Any throw under that distance will not be measured:

Discus	110' boys	80' girls
Shot Put	35' boys	25' girls
Javelin	120' boys	80 girls

**Long Jump & Triple Jump** – competitors will receive three (3) attempts with finals. Both jumps will be run on a continuous flight basis with 5 or 6 competitors active at a time. Minimum distances for jumps are as follows:

Long jump	16' boys	13' girls
Triple jump	34' boys	28' girls

Each competitor will be given a normal warm-up period prior to the start of the flight.

- f) High Jump and Pole Vault - will be run on a continuous flight basis with 4-5 competitors active at a time.

<u>WARM-UP HEIGHTS</u>	<u>BOYS</u>	<u>GIRLS</u>
High Jump	5'2"	4'0"
Pole Vault	10'6"	7'6"

<u>STARTING HEIGHTS</u>	<u>BOYS</u>	<u>GIRLS</u>
High Jump	5'6"	4'6"
Pole Vault	11'0"	8'0"

LIFTS - High Jump - 2" until at the head judges or competitors discretion, we will reduce to 1" lifts.

Pole Vault - 6" until at the head judges or competitors discretion, we will reduce to 3" lifts.

- g) Javelin - will be thrown from a grass runway.

**TRACK**

9:30 B-3200 M Run\*\* (1)  
 9:50 G-3200 M Run\*\* (1)

10:10 B-400 M Relay\*\* (2)  
 10:25 G-400 M Relay\*\* (2)

10:45 B-110 M Hurdles (3-4)  
 11:05 G-100 M Hurdles (3-4)

11:30 B-100 M Dash (6)  
 11:50 G-100 M Dash (6)

12:15 B-800 M Run\*\* (2)  
 12:35 G-800 M Run\*\* (2)

12:55 B-200 M Dash\*\* (6)  
 1:15 G-200 M Dash\*\* (6)

**TRACK Cont...**

1:45 B-110 M Hurdles (1)  
 1:55 G-100 M Hurdles (1)

2:10 B-100 M Dash (1)  
 2:15 G-100 M Dash (1)

2:30 B-300 M Hurdles\*\* (5)  
 2:45 G-300 M Hurdles\*\* (5)

3:05 B-400 M Dash\*\* (6)  
 3:25 G-400 M Dash\*\* (6)

3:45 B-1600 M Run\*\* (2)  
 4:05 G-1600 M Run\*\* (2)

4:25 B-1600 M Relay\*\* (2)  
 4:40 G-1600 M Relay\*\* (2)

\*\* Timed Final

**FIELD – AM**

9:00 B-Pole Vault (Warm-Up)  
 9:30 B-Pole Vault  
 9:30 G-High Jump  
 9:30 B-Shot Put (Prelims)  
 9:30 G-Discus (Prelims)  
 9:30 B-Javelin (Prelims)  
 9:30 B-Long Jump (Prelims)  
 9:30 G-Long Jump (Prelims)

**FIELD – PM**

12:30 G-Pole Vault (Warm-Up)  
 1:00 G-Pole Vault  
 1:00 B-High Jump  
 1:00 G-Shot Put (Prelims)  
 1:00 B-Discus (Prelims)  
 1:00 G-Javelin (Prelims)  
 1:00 B-Triple Jump (Prelims)  
 1:00 G-Triple Jump (Prelims)

**BILLINGS INVITATIONAL TRACK MEET****BOYS RECORDS – THROUGH 2023**

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100 Meter Dash	Chase Anderson	Casper Natrona	10.69	2015
200 Meter Dash	Ty Norris	Bozeman	21.99	2003
400 Meter Dash	Robert Counts	Casper Natrona	49.01	2014
800 Meter Run	Dawson LaRance	Blgs. Senior	1:53.82	2017
1600 Meter Run	Nolan Realbird	Blgs. Skyview	4:20.96	2005
3200 Meter Run	Doug Darko	Gr. Falls Central	9:35.8	1971*
110 Mtr. Hurdles 39"	Gabe Sulser	Billings Senior	14.46	2018
300 Mtr. Hurdles 36"	Justin Cross	Powell	38.84	2007
Shot Put	Matt Drinkwalter	Blgs. Senior	61' 11 1/2"	1998
Discus	Matt Drinkwalter	Blgs. Senior	181'	1998
Javelin	Justin Johnston	Belgrade	219'5"	1993
Restricted	Chris Reno	Blgs. West	218'1"	2005
Long Jump	Bucky Haynes	Custer Co.	22' 10 1/4"	1988
Triple Jump	Dennis Gay	Glasgow	46' 10 1/4"	1977
High Jump	Lee Hardt	Blgs. West	6'9"	2011
Pole Vault	Ben Peterson	Cody	16'5 3/4 "	2006
400 Meter Relay	John MacDonald Tyler Patenaude Josh Pelczar Jase Muri	Blgs. West	42.98	2008
1600 Meter Relay	Randy Hultgren Bill Crowley Andy Mork Hal Anderson	Blgs. Senior	3:26.5	1972*

\* Set at English Distance

**BILLINGS INVITATIONAL TRACK MEET**  
**GIRLS RECORDS – THROUGH 2023**

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100 Meter Dash	Jennifer Walter	Huntley Project	12.36	2005
200 Meter Dash	Vicky Sturn	Blgs. West	25.2	1976*
400 Meter Dash	Carlee Clark	Bozeman	57.32	2003
800 Meter Run	Christina Aragon	Blgs Senior	2:11.87	2016
1600 Meter Run	Christina Aragon	Blgs. Senior	4:47.83	2016
3200 Meter Run	Tiahna Vadic	Blgs Senior	11:08.64	2018
100 Mtr. Hurdles 33"	Morgan Sulser	Blgs. Senior	14.80	2014
300 Mtr. Hurdles 30"	Jennifer Walter	Huntley Project	45.45	2005
Shot Put (4 kilo)	Debby Geer	Sheridan	42' 10 ½"	1983
Discus	Jessica Sharbono	Blgs. West	152'7"	2009
Javelin	Hailey Poole	Huntley Project	149'10" restricted	2017
	Mary Osborne	Blgs West	149'2"	1979
Long Jump	Vicky Sturn	Blgs. West	17'11"	1976
	Susy Roesgen	Blgs. West	17'11"	1979
Triple Jump	Kelli Olson	Blgs. Senior	36'9 ½"	1999
High Jump	Brenda Haber	Havre	5'6"	1990
Pole Vault	Courtney Kosovich	Blgs. Senior	12'3"	2007
400 Meter Relay	Brooke Endy Michaela Johnson Janae Bjorgum Maddie Brockel	Blgs. West	48.58	2016
1600 Meter Relay	Jessica Leslie Nicole Reitz Callie Muri Lauryn McKay	Blgs. West	4:03.20	2008

\* Set at English Distance