

Skor/DeKam High School Inv.**Saturday April 27, 2024****Running Events**

10:25	400 (4x100) Meter Relay (B) HS	Timed Final
10:35	400 (4x100) Meter Relay (G) HS	Timed Final
10:45	1600 Meter Run (B) HS	Timed Final (2 heats)
10:55	1600 Meter Run (G) HS	Timed Final (2 heats)
11:05	110 Meter Hurdles (B) HS	Timed Final
11:20	100 Meter Hurdles (G) HS	Timed Final
11:40	100 Meter Dash (B) HS	Timed Final
12:00	100 Meter Dash (G) HS	Timed Final
12:20	400 Meter Dash (B) HS	Timed Final
12:40	400 Meter Dash (G) HS	Timed Final
1:20	300 Meter Hurdles (B) HS	Timed Final
1:40	300 Meter Hurdles (G) HS	Timed Final
2:00	800 Meter Run (B) HS	Timed Final (2 heats)
2:10	800 Meter Run (G) HS	Timed Final (2 heats)
2:20	200 Meter Dash (B) HS	Timed Final
2:40	200 Meter Dash (G) HS	Timed Final
2:55	3200 Meter Run (B) HS	Final
3:15	3200 Meter Run (G) HS	Final
3:30	1600 (4x400) Meter Relay (B) HS	Final
3:40	1600 (4x400) Meter Relay (G) HS	Final

Break

FIELD EVENT

9:30	Discus (B) HS
	Shot Put (G) HS
	High Jump (B) HS
	Long Jump (G) HS
	Long Jump (B) HS
10:15	Pole Vault (G) HS East pit
	Pole Vault (B) HS West pit
11:15	Javelin (G) HS
12:00	High Jump (G) HS
	Shot Put (B) HS
1:00	Triple Jump (B) HS
	Triple Jump (G) HS
	Javelin (B) HS
	Discus (G) HS

Coaches and Athletic Directors:

This is to announce the Lloyd Skor/Emilee DeKam to be held at Vigilante Stadium, Saturday, April 27, 2024.

Entries: Athletic.net you will be allowed **five entries per event**. Entries are due April 25, 2024 at 11:59 p.m. Please check your entries carefully. Times and distances will be used to seed heats and flights so please double-check your entries. There will be **no additions** made after the entry deadline.

We will use timed finals in all running events, so we will keep the heats fluid. If you have an athlete injured during the meet, please notify the meet referee as soon as possible so we can correct the heats. Please put the scratch in writing and submit to the timing tower.

In order to increase the efficiency of the meet, minimum marking standards for the non-vertical field events will be used. The following procedure will be adhered to:

1. All first legal attempts, regardless of distance, will be measured and recorded.
2. If the first attempt is a foul, the subsequent legal attempt will be measured and recorded.
3. Assuming the athlete completes one legal attempt –all athletes will get a minimum of one attempt measured and recorded.
4. All further attempts failing to meet the minimum standard will be recorded as “fouls” and therefore not measured or recorded.

Minimum measuring standards are as follows:

<u>Girls</u>		<u>Boys</u>	
Long Jump	14'	Long Jump	19'
Triple Jump	29'	Triple Jump	38'
Shot Put	30'	Shot Put	38'
Discus	80'	Discus	125'
Javelin	90'	Javelin	135'
High Jump	4'7	High Jump	5'8
Pole Vault	8'0	Pole Vault	10'6

1/8” exposed spikes only for all running and jumping events.

Coaches Information:

1. Coaches are to remain in the bleachers or behind the flag ropes at all times. Local coaches may be asked onto the field to assist the workers or verify results. Local coaches will be asked to assist with hurdle set-up and facility needs.
2. Scoring will be 10-8-6-4-2-1. Relays will be 10-8-6-4-2.
3. We will take 7 athletes to finals in field events.
4. Timed finals in all events.
5. Each team is responsible for their own valuables.
6. Towels will not be provided.
7. All throwing event warm-ups will be on the lower field, please stress safety.
8. The time schedule is tentative. If we get ahead, we will stay ahead.
9. Relay personnel must be entered on Athletic.net. If you substitute a runner, have them inform the marshal.

