

## **2018 Middleton Viking Track and Field Invite**

**4/12/18**

SCHOOLS: MIDDLETON, FRUITLAND, GOODING, HOMEDALE, McCALL-DONNELLY, WEISER, OAKLEY, NEW PLYMOUTH, MELBA, NAMPA CHRISTIAN, Marsing, cole valley christian, (North Star Charter)

**Please enter via athletic.net by 12 noon on 4/11**

\*\* Coach Brock will post the meet on April 9th. Please sign up right away.

**Because of the expected volume on entries we are limiting the entries to : 3 entries per school in the individual events (Varsity caliber athletes only). We will only score your "A" team relay but feel free to enter a "B" team as well.**

**No food or drink on the infield ( this includes gum and seeds ).**

**Only athletes warming up or cooling down will be allowed on the infield. Teams can set tents on the north side of the track in the grass or sit in the stands.**

**Admission will be charged.**

**Concessions will be available.**

**Fee: None**

**Coaches we will need your help. For relays and field events. Your area responsible is listed below.**

**Exchange Zones:**

**4 x 200 - Oakley 1, Middleton 2**

**4 x 100 - (North Star) 1, Marsing 2, New Plymouth 3**

**Girls Medley - Melba 1, Fruitland 2, McD 3**

**Boys Medley - Gooding 1, Nampa Christian 2**

**4 x 4 - Middleton**

**Field Event:**

**Pole Vault          Nampa Christian**

**High Jump          New Plymouth**

**Shot                  Girls - Gooding, Boys - Cole Valley**

**LJ                      Girls - Weiser, Boys - (North Star)**

**TJ                      Girls - Melba, Boys - Homedale**

**Discus                Middleton**

**Order of field events ( Field events will start at 3:30 )**

**Discus          Girls/Boys**

**Shot            Boys/Girls**

**PV               Girls/Boys**

**HJ               Boys/Girls**

**LJ Followed by the TJ (Girls north pit) 3:30 - 4:45 (3 jumps)**

Finals start at 5 (top 9)

6 - 7:15 (3 jumps)

Finals start at 7:30 (top 9)

LJ Followed by the TJ (Boys south pit) 3:30 - 4:45 (3 jumps)

Finals start at 5 (top 9)

6 - 7:15 (3 jumps)

Finals start at 7:30 (top 9)

**Order of running events: Girls/Boys ( running will begin at 4:00pm)**

3200m

100HH/110HH

4x200m relay

100m

800m

4x100m relay

400m

300IH

Medley relay

200m

1600m

4x400m relay

If you have any questions, please email Coach Bill Brock at

[bbrock@msd134.org](mailto:bbrock@msd134.org) or Andy Ankeny at [aankeney@msd134.org](mailto:aankeney@msd134.org).

**See you on the 12<sup>th</sup>,**

**Bill**