

WARRIOR INVITATIONAL

Where: Lutheran High Westland

When: May 14, 2016 at 9:30 for field events and 10:30 for running prelims

Coaches Meeting: 9:30 a.m. in front of the press box.

Entry Fee: \$85.00/team - \$160.00/school if both a boys and girls team is entered. Please make check payable to **Lutheran High Westland**

Admission Charge: There will be a \$5.00 admission charge for spectators.

Format: Regular order of events.

Entries: 3 per individual event, 1 per relay  **2 entries only in the 100 and 200** 

Entered Performances: None have to be sent

Running events: Athletes will give a time to the clerk and heats will then be seeded accordingly

Semis: Will be run if needed

Field Events: Entered performances not needed - no seeding; shot, discus and long jump - 4 attempts total

Running event order – **starting at 10:30**

Prelims for 100, high hurdles, 200

3200 Relay

Semis if needed

Remaining running events

Throwers 400 relay after the 1600 relay (no team scoring for this event) Please use throwers from the meet. If you need additional runners, please use JV throwers. Nobody is going to check your entries so please be fair with your entered team. It is a throwers running event.

Field event order: Girls' discus, long jump and pole vault, Boys' high jump, and shot put, will be run off first. The other field events will begin as soon as possible after the conclusion of the first set of field events.

Opening heights:

Girls High Jump - 4'0"; first 2 raises - 3", 2" raises thereafter

Boys High Jump - 5'0", first 2 raises - 3", 2" raises thereafter

Girls Pole Vault – 5'6"; - 6" raises

Boys Pole Vault – 7'6" – 6" raises

Volunteers: Could you please have an adult available to help with the running off of the meet if we need one? We have been able to run an efficient meet thanks to the people at the participating schools that have volunteered to help us in the past.

Thank you for your help in this matter!!

Scoring: 10-8-6-4-2-1

Awards: First and second place team trophies and medals for the first 6 places in each event.

Refreshments: Will be available at the meet

Questions: Contact Mike Unger; munger@lhsa.com, 734-422-2090 (sch), 734-637-8559 (cell)