

# CANTON PUBLIC SCHOOLS ACTIVITIES DEPARTMENT

## TERRY BONG INVITATIONAL TRACK MEET

**WHEN:** The Terry Bong Invitational Track Meet will be held on **Thursday, April 27<sup>th</sup>, 2017**. Field events will begin at 4:00 and running events will begin at 4:15.

**PARTICIPATING SCHOOLS:** Canton, Alcester-Hudson, Dell Rapids, Freeman, Lennox, SF Christian, Tri-Valley, Chester Area, Tea Area, & Viborg-Hurley

**ADMISSION PRICES:** Admission is \$4.00 for adults and \$2.00 for students.

**ENTRY FEE:** The entry fee is **\$125.00 per school**. Please send in advance or bring to the meet. Please make sure checks are made out to the Canton School District.

**AWARDS:** Medals will be awarded for the first six places in all relays and individual events. A plaque will be awarded to the winning team in the boys' division and to the winning team in the girls' division.

**SCORING:** Both individual events and relays will be scored 10-8-6-4-2-1.

**ENTRIES: Relays**—Each school may enter one relay team in each relay event.

**Field Events**—Four competitors per school per event. **We will do**

**Field Event entries from the SDHSAA website.**

Please go to the **SDHSAA** website and **Login**. Go to **Athletics** and click on **Track & Field**. Then click on **Meet Entries**. Enter our meet name and click **Create Entry**. It should appear under **Meet/Entry Name**. Click on **select** of that meet and do your entries on the next page. If you need help click the **Instructions for Coaches**. **Please email the field event entries to me by Tuesday, April 25<sup>th</sup>.**

**([eric.smart@k12.sd.us](mailto:eric.smart@k12.sd.us))**

**Running Events**—800, 1600, and 3200-meter runs—unlimited

**All other individual races**—**Four entrants per race.**

**NOTE:** No team can score more than three entries in any individual event. If a school places more than three individuals in any race, the fourth person will win the medal, but the team points will go to the next finisher from a school with only one or two finishers in the top six.

**LANE ASSIGNMENTS:** Lane assignments will be made on a rotating basis. All schools will be treated equitably.

**NUMBERS:** We will be using hand numbers for this event. Numbers will be sent to each of you using the rosters from the SDHSAA website. Please have the number written on the left hand of each athlete, legibly. **Your best runner should be prepared to compete in the first heat of each event.**

**HIGH JUMP:** The starting height for the girls' high jump is 4-1. The starting height for the boys' high jump is 5-1.

**OTHER FIELD EVENTS:** In the shot put, discus, long jump, and triple jump, all competitors will get three tries and the top eight will go to finals. The top six finishers will earn a medal in that event.

**SHOT PUT AND DISCUS:** The weigh-ins for the shot put and discus will take place underneath the north bleachers.

**SANCTIONED MEET:** This meet is sanctioned by the SDHSAA and therefore the marks at this meet can qualify for the state track meet.

**CAMP SITES:** We are asking that this year all team campsites be placed behind our south bleachers (between the visiting football bleachers and the fence line).

**TIME SCHEDULE:** All times are approximate. We will move the meet along in a timely fashion. Also, if weather conditions are not good or are threatening, we may run both the boys' and girls' 3200-meter races together. **The time schedule is attached.**

**PARKING:** All buses are to be parked in the parking lot on the west side of the school. The parking lot will be crowded when teams arrive, but there should be more space available after the students have gone.

**NEXT YEAR:** The date of next year's event will be **Thursday, April 26<sup>th</sup>, 2018.**

**QUESTIONS?** Please contact:

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# **TERRY BONG INVITATIONAL TIME SCHEDULE**

## **FIELD EVENTS**

4:00           GIRLS SHOT PUT  
                  BOYS HIGH JUMP  
                  BOYS LONG JUMP FOLLOWED BY BOYS TRIPLE JUMP  
                  BOYS DISCUS  
                  GIRLS TRIPLE JUMP FOLLOWED BY GIRLS LONG JUMP

5:15 (APPROXIMATELY)

                  GIRLS DISCUS  
                  BOYS SHOT PUT  
                  GIRLS HIGH JUMP

## **RUNNING EVENTS**

4:15           GIRLS 4 X 800-METER RELAY  
4:25           BOYS 4 X 800-METER RELAY  
4:35           GIRLS 100-METER HURDLES  
4:50           BOYS 110-METER HURDLES  
5:05           GIRLS 100-METER DASH  
5:15           BOYS 100-METER DASH  
5:25           GIRLS 4 X 200-METER RELAY  
5:35           BOYS 4 X 200-METER RELAY  
5:50           GIRLS 1600-METER RUN  
6:00           BOYS 1600-METER RUN  
6:10           GIRLS 4 X 100-METER RELAY  
6:15           BOYS 4 X 100-METER RELAY  
6:20           GIRLS 400-METER DASH  
6:30           BOYS 400-METER DASH  
6:40           GIRLS 300-METER HURDLES  
6:50           BOYS 300-METER HURDLES  
7:00           GIRLS MEDLEY RELAY  
7:10           BOYS MEDLEY RELAY  
7:20           GIRLS 800-METER RUN (TWO HEATS)  
7:30           BOYS 800-METER RUN (TWO HEATS)  
7:40           GIRLS 200-METER DASH  
8:00           BOYS 200-METER DASH  
8:20           GIRLS 3200-METER RUN (MIGHT RUN TOGETHER WITH BOYS)  
8:20           BOYS 3200-METER RUN  
8:35           GIRLS 4 X 400-METER RELAY  
8:45           BOYS 4 X 400-METER RELAY