

## Van Buren Invitational March 28, 2019

Entry: Declare your athletes at Varsity Bound meet manager by March 28 at 8:00 AM

<https://www.vbmeets.com/28912>

Heat and lane assignments will be presented to each coach upon arrival.

Awards: Plaque will be awarded to the varsity team champion. Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> places in all events.

Scoring: According to IHSAA scoring rules. 10-8-6-4-2-1 for all events.

Concessions: There will be a full line of concessions operated by the Van Buren Booster Club.

Official Starter: Our official starter John Simmons will be following and enforcing all rules of IHSAA.

Equipment: Each school will furnish its own field equipment, batons, and towels. WE WILL FURNISH STARTING BLOCKS.

Track: 8 lane all weather: **REQUIRED SPIKES: 1/8" PYRAMID - NO NEEDLE**

**Very Important:** Any athlete caught with illegal spikes or scratching marks on the track with spikes will be disqualified. No tape is allowed on the track. Please use tennis balls or other markings.

Field Events: The long and high jump have Atlas Rubber. The shot and disc have concrete pads.

Results: All results will be emailed and medals will be in your packet. The packet will be handed out in the front of the tower after the last event is decided and team champions are named.

Buses: Please park buses in parking lot between the school and track area.

Coaches: Only athletes in uniform and student managers will be allowed in the track area. PLEASE USE GATES!!! DO NOT CLIMB FENCES!!!

Each team may enter two athletes in each individual event. Only one relay team per school.

Coaches should take a seat in the stands and we'll try to run a good meet. Lane assignments will be based on times provided. You will be able to substitute entries, not add them. **THE FAST HEAT WILL RUN FIRST.**

**Have entries in by 8:00 AM Thursday March 28.**

**Van Buren Invitational  
Order of Events  
March 28, 2019**

Field Events (4 throws no finals)

5:00 Discus  
Long Jump  
High Jump  
Shot

Running events

5:30 800 Sprint Medley  
3200  
4x800  
Shuttle Hurdle Relay  
100 m Dash  
1600 Medley Relay  
400 m Dash  
4x200  
110 High Hurdles  
1600 m Run  
200 m Dash  
400 m Hurdles  
800 m Run  
4x100  
4x400

**NO TEAM CAMPS WILL BE ALLOWED INSIDE THE FENCED AREA**

Cardinal  
Clark Co., Missouri  
Eddyville/Blakesburg/Freemont  
Keokuk  
Moravia  
Van Buren  
West Hancock, Illinois