

**8th Annual Tiospa Zina Invitational Track Meet
State Qualifying Meet
Tuesday April 10, 2012**

Field Events: 4:00 Coaches should sign up athletes prior to the event

Discus: Girls V – Boys V
Shot: Boys V – Girls V
High Jump: Girls V – Boys V
Long Jump: Boys V – Girls V
Triple Jump: Girls V- Boys Varsity

Long and triple jumps will have 4 jumps and no finals. Shot and Discus will have 4 throws and no finals. Starting height for the girl's high jump will be 3'10' and 4'10' for the boys. The pole vault will be held the day before our track meet at Sisseton High School (please contact Scott Hagen for times).

There will no preheating; coaches should put best Athletes in first heats or flights. We will use the sticker method, so have your athlete prepared prior to the event.

Running events start at 4:15 Varsity Girls followed by the Varsity boys.

**100m Hurdles – Girls
110 m Hurdles – Boys
3200m Relay
100M Dash
800M Relay
1600m Run
400m Relay
400m Dash
300m Int. Hurdles
Medley Relay
800m Run
200M Dash
3200m Run
1600M Relay**

Concession and Restrooms will be available on site. No dressing rooms.

Entry fee: \$80