

**2023 Vermillion High School Athletic Booster Club
Invitational Track Meet**

To: Boys and Girls Track Coaches
Alcester-Hudson Lennox South Sioux City Tea Area
Vermillion Beresford Dakota Valley Hinton
SF Christian EPJ Gayville-Volin West Central
Madison Milbank

From: Jason Huska, Athletic Director
Lenni Billberg, Head Track Coach

Date: **Thursday, April 6th 2023 @ USD's Track and Field Complex**

Time: 1:30 PM (field events)
2:00 PM (running events)

Entry Procedure:

Limit of 4 participants in each event and 2 relay teams. Only one relay can place from a school. If two relay teams run – the scoring team needs to be designated before the event. We will have hip numbers for the athletes

We will be using online entries on Athletic.net Entries Due on April 4 by 6PM
<https://www.athletic.net/Help/Track.aspx?Meet=501272>

All running events are finals. In field events there will be 5 entries per event 3 throws and finals. Please note that the pole vault and Javelin **will** be held as an event at this meet.

Important:

- **No coaches, athletes, or fans on the grass infield.**
- **No use of the soccer field next to track complex**
- **No sunflower seeds or gum inside the complex**

Track: 400 meter Olympic surface. Starting blocks will be provided.

Buses: Drop off at **South** end of Track and park in Dome parking lot.

Team Camps: Team Camps in designated area. Infield is closed

Entry Fee: \$150 per school. **Make checks payable to VHS Athletic
Booster Club.**

Awards: Medals will be awarded to the first (6) places in individual events and the first (3) places for relays.

Events will be scored 10-8-6-4-2-1 for relays and individual events.

This meet is a **Sanctioned State Qualifying Meet.**

If you have any questions, please call or e-mail Jason Huska or Lenni Billberg at Vermillion High School. Phone: 677-7035. **Make sure you use online entries for all events.** Lenni.Billberg@k12.sd.us or Jason.Huska@k12.sd.us

Field Events

- 1:30 Girls High Jump
 Girls Shot Put
 Girls Pole Vault
 Boys Long Jump
 Boys Discus
 Boys Pole Vault
 Girls Javelin
- 3:30 Boys High Jump
 Girls Long Jump
 Girls Discus
 Boys Shot Put
 Boys Triple Jump (after Girls Long Jump)
 Girls Triple Jump (after Boys Triple Jump)
 Boys Javelin

Running Events

- 2:00 **ROLLING START**
 Girls 4 X 800 Meter Relay
 Boys 4 X 800 Meter Relay
 Girls 100 Meter Hurdles (Final)
 Boys 110 Meter Hurdles (Final)
 Girls 100 Meter Dash (Final)
 Boys 100 Meter Dash (Final)
 Girls 4 X 200 Meter Relay
 Boys 4 X 200 Meter Relay
 Girls 1600 Meter Run
 Boys 1600 Meter Run
 Girls 4 X 100 Meter Relay
 Boys 4 X 100 Meter Relay
 Girls 400 Meter Dash
 Boys 400 Meter Dash
 Girls 300 Meter Hurdles
 Boys 300 Meter Hurdles
 Girls Medley Relay
 Boys Medley Relay
 Girls 800 Meter Run
 Boys 800 Meter Run
 Girls 200 Meter Dash (Final)
 Boys 200 Meter Dash (Final)
 Girls 3200 Meter Run
 Boys 3200 Meter Run
 Girls 4 X 400 Meter Relay
 Boys 4 X 400 Meter Relay