

2012 NORTH LAUREL INVITATIONAL

North Laurel High School
London, KY

When: Saturday, April 7, 2012

Where: The Jungle Track Complex on the grounds of NLHS. **A new 8 lane rubberized track.**

Time: 9:45 AM Coaches meeting in hospitality room
10:00 AM Field Events
10:30 AM Running Events

Timing: FAT Timing – Finish Lynx

Entries: *****You must submit entries using TEAM MANAGER or TM LITE to send us your entries. An electronic event file will be provided.**

Maximum of four events per athlete. Maximum of two individuals and one relay team per event.

Entry Fee: Girls Team: \$65.00
Boys Team: \$65.00
Make checks payable to: NLHS Track & Field

Entry Deadline: **Entry fee and event entry file must be received no later than Tuesday, April 2, 2012.**
Email entries to friend.adam@gmail.com
Scratches and changes should be finalized through Adam by Thursday, April 5th.

Mail entry fees to: NLHS Track & Field
Attn: Coach Bradford
1300 E. Hal Rogers Parkway
London, KY 40741

Scoring: 10-8-6-5-4-3-2-1

Awards: Trophies for top 2 boys and girls teams
Ribbons for top 6 places
Boy & Girl MVP Award based on points scored

Admission: \$5.00

Misc.: Concessions will be available.
All KHSAA rules will be enforced - specifically those regarding uniforms, jewelry and **sportsmanlike conduct**.
Sections will be run from slowest to fastest.
Horizontal jumps and throws will be contested with 4 attempts and no finals.

Meet Director: Kevin Bradford, coachbradford@gmail.com or 606-312-9485.

Starter/Referee: Ron Wilson

Timer/HyTek Operator: Adam Friend, friend.adam@gmail.com

ORDER OF EVENTS

Field Events will start at 10:00 AM

G Long Jump followed by B Long Jump, then G Triple Jump followed by B Triple Jump

G High Jump followed by B High Jump

G Shot followed by B Shot (shot must be weighed and marked at the event)

B Discus followed by G Discus (discus must be weighed and marked at the event)

Running Events will start at 11:00 AM

G 4x800 M Relay

B 4x800 M Relay

G 100 M Hurdles (33")

B 110 M Hurdles (39")

G 100 M Dash

B 100 M Dash

G 4x200 M Relay

B 4x200 M Relay

G 1600 M

B 1600 M

G 4x100 M Relay

B 4x100 M Relay

G 400 M Dash

B 400 M Dash

G 300 M Hurdles (30")

B 300 M Hurdles (36")

G 800 M

B 800 M

G 200 M

B 200 M

G 3200 M

B 3200 M

G 4x400 M Relay

B 4x400 M Relay