

Janice Kelley Southland Invitational



You are cordially invited to attend the
55th Janice Kelley Southland Track & Field Invitational
Saturday March 29, 2024.

- Field Events (No Pole Vault) start at 8am
- No large or small schools this year. All one group.
- Running events start at 9am
- Stadium opens at 6:30am
- Planning to be finished by 2:30pm-ish
- Hemet High School Stadium – 41701 Stetson Ave, Hemet
- Registration limited to First 30 Teams returning Contract to HHS
- We were rained out last year; hoping for awesome weather this year
- Entrance fee \$400 per Team, \$225 for Girls OR Boys, \$15 per individual Athlete
 - Unless agreed to with Meet Manager, Entrance fee must be paid before you compete
 - If you register and fail to show you will be charged a \$100 no show fee
- **Finished Results** will be timing. You can only register online thru **MileSplit**
- We've added the 4x800 relay this year. Sorry, no Pole Vault
- Limit 3 entries per event per Team (3 girls & 3 boys). Limit 1 relay Team per Team. Limit 4 events per individual athlete
- Medals go 6 deep per event. Trophy for top Girls and top Boys Teams
- No pets or spectator coolers allowed
- No footballs, soccer balls, Frisbees or other activities may be on the warm-up field. Team subject to disqualification if violated
- Bus Parking and Athlete Drop Off: Buses please Do Not pull in at the Stetson stadium entrance. Use the Stadium entrance on Stanford, just before (north of) Stetson. Watch for JROTC Traffic Assistants in Yellow Volunteer shirts. Early bus arrivals can park onsite. Lots of close by side street parking. Drop off athletes only at the marked east Stadium Entrance. Follow Meet Assistants in yellow shirts
- Spectator Parking Entrance: use the marked stadium parking entrance off Stetson. The Spectator Entrance to the Stadium at the marked east stadium entrance. Follow Meet assistants in yellow shirts.
- Spectator Entrance Fee: GoFan, CC, Cash

B. Home Students WITH ASB Cards	<u>\$3.00</u>
C. Visiting Students WITH ASB Cards	<u>\$3.00</u>
E. Children 6 and under Admission	<u>\$0.00</u>
F. Children 7-11 Admission	<u>\$3.00</u>

Order of Events:

Girls event first, boys second.

Hurdle events will be switched to boys 1st and girls 2nd

Running Events start at 9am

- 4x800 Relay
- 4x100 Relay
- 1600
- 100
- 400
- Boys 110 Hurdles
- Girls 100 Hurdles
- 800
- 300 Hurdles – boys first, then girls
- 200
- 3200
- 4x400 relay
- Throwers ONLY Relay (non-scoring)

Field Events start at 8am

Once the Athlete stops up to execute their throw or jump they have 90 seconds to complete it. After which a scratch/foul will be entered for them.

No top 6 final. Field events get 3 attempts. Top 6 medal.

- **Long Jump – 08:00-11:15**
 - Girls Pit 1
 - Boys Pit 2
 - 08:00-08:45 – Run-thrus
 - 08:45-11:15
 - 3 jumps per athlete
- **Triple Jump – 11:15-14:30**
 - Girls Pit 1
 - Boys Pit 2
 - 11:15-12:00 – Run -thrus
 - 12:00-14:30
 - 3 jumps per athlete
- **Shot – 08:00 – 14:30**
 - Girls
 - 08:00-08:45 – practice throws
 - 08:45-11:15

- 3 throws per athlete
 - Boys
 - 11:15-12:00 – Practice throws
 - 12:00-14:30
 - 3 throws per athlete
- **Disc – 08:00-14:30**
 - Boys
 - 08:00-08:45 – practice throws
 - 08:45-11:15
 - 3 throws per athlete
 - Girls
 - 11:15-12:00 – Practice throws
 - 12:00-14:30
 - 3 throws per athlete
- **High Jump – 08:00-14:30**
 - Girls – Starting height 3’10”
 - 08:00-08:45 – practice jumps
 - 08:45-11:15
 - 3 jumps per athlete
 - Boys – Starting height 4’4”
 - 11:15-12:00 – practice jumps
 - 12:00-14:30
 - 3 jumps per athlete

All field event times are subject to change depending on number of entrants and such.