

2018 Palmer Invitational

May 11th & 12th

To: Athletic Directors and Track Coaches

From: Dale Ewart
Palmer High School
Athletic Director
(907) 746-8424
Edward.ewart@matsuk12.us

Re: 2018 Palmer Invitational

There is a fee of \$75 for teams under 20 and \$125 for teams over 20.

You are invited to participate in the 2018 Palmer Invite May 11th and May 12th. We are excited to host a top quality meet in one of the best Stadium in Alaska.

Palmer Invite May 11th/12th : Entries will be limited to 4 athletes per team for individual events and two relays per team. Remember, athletes can only compete in 4 events. Please designate your A relay team (A1, A2, A3, A4) and B relay team (B1, B2, B3, B4) with alternates. Please make sure that you do a seed override and add time for relays, the time does not automatically populated from athletic.net.

If your team needs housing at Palmer High School please contact Dale Ewart immediately, you will need to complete a housing contract. Edward.ewart@matsuk12.us

*****You will need to register your athletes on athletic.net by Wednesday May 9th by 7:00pm. Any questions about the entries contact:**

**Tim Popowski tim.popowski@matsuk12.us or
Dale Ewart at edward.ewart@matsuk12.us**

2018 Palmer Invite

Friday May 11th

FIELD EVENTS

9:30-10:00 AM	Field Implements weighed (on track near finish)								
10:00 A.M.	Coaches meeting will be held at the timing shed near finish line. refreshments will be served.								
10:45 A.M.	First Call for Throwing Events & Triple Jump								
11:00 A.M.	<table><tr><td>Shot</td><td>BOYS</td></tr><tr><td>Disc</td><td>GIRLS</td></tr><tr><td>Triple Jump</td><td>G and B</td></tr><tr><td>High Jump</td><td>Girls</td></tr></table>	Shot	BOYS	Disc	GIRLS	Triple Jump	G and B	High Jump	Girls
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Disc	GIRLS								
Triple Jump	G and B								
High Jump	Girls								

RUNNING EVENTS

12:45 P.M.	First Call for 3200m Girls																																																						
1:00 P.M.	<table><tr><td>Girls</td><td>3200m</td><td>Run (Final)</td></tr><tr><td>Boys</td><td>3200m</td><td>Run (Final)</td></tr><tr><td>Girls</td><td>100m</td><td>Hurdles (prelims)</td></tr><tr><td>Boys</td><td>110m</td><td>Hurdles (prelims)</td></tr><tr><td>Girls</td><td>100m</td><td>Dash (prelims)</td></tr><tr><td>Boys</td><td>100m</td><td>Dash (prelims)</td></tr><tr><td>Girls</td><td>400m</td><td>Dash (prelims)</td></tr><tr><td>Boys</td><td>400m</td><td>Dash (prelims)</td></tr><tr><td>Girls</td><td>300m</td><td>Hurdles (prelims)</td></tr><tr><td>Boys</td><td>300m</td><td>Hurdles (prelims)</td></tr><tr><td>Girls</td><td>800m</td><td>Run (prelims)</td></tr><tr><td>Boys</td><td>800m</td><td>Run (prelims)</td></tr><tr><td>Girls</td><td>200m</td><td>Dash (prelims)</td></tr><tr><td>Boys</td><td>200m</td><td>Dash (prelims)</td></tr><tr><td>Girls</td><td>4x100</td><td>Weight Person's Relay</td></tr><tr><td>Boys</td><td>4x100</td><td>Weigh Person's Relay</td></tr><tr><td>Girls</td><td>Frosh/Soph</td><td>Medley (100m, 100m, 200m, 400m)</td></tr><tr><td>Boys</td><td>Frosh/Soph</td><td>Medley (100m, 100m, 200m, 400m)</td></tr></table>	Girls	3200m	Run (Final)	Boys	3200m	Run (Final)	Girls	100m	Hurdles (prelims)	Boys	110m	Hurdles (prelims)	Girls	100m	Dash (prelims)	Boys	100m	Dash (prelims)	Girls	400m	Dash (prelims)	Boys	400m	Dash (prelims)	Girls	300m	Hurdles (prelims)	Boys	300m	Hurdles (prelims)	Girls	800m	Run (prelims)	Boys	800m	Run (prelims)	Girls	200m	Dash (prelims)	Boys	200m	Dash (prelims)	Girls	4x100	Weight Person's Relay	Boys	4x100	Weigh Person's Relay	Girls	Frosh/Soph	Medley (100m, 100m, 200m, 400m)	Boys	Frosh/Soph	Medley (100m, 100m, 200m, 400m)
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2018 Palmer Invite

Saturday, May 12th

- 9:15 A.M. First call 5k run and Long Jump (Girls and Boys)
Implements weighed near finish line
- 9:30 A.M. 5k (Girls than Boys, we may mix depending on number of athletes)
- Only one Individual from each school can score.
- Please make this as competitive as you can.
Unified Long Jump (Girls and Boys Mixed)
Long Jump- 2 pits (Girls and Boys)
- 9:45 A.M. **Coaches meeting on track near Finish line** (refreshments will be served).
- 9:45 A.M. First call for High Jump Boys, boys Disc, Girls Shot
- 10:00A.M. High Jump Boys
Shot Mixed unified then Girls
Discus Boys

RUNNING EVENTS

12:00 PM

- Girls 3200m Relay
Boys 3200m Relay
Girls 100m Hurdles (finals)
Boys 110m Hurdles (finals)
Girls 100m Dash (finals)
Boys 100m Dash (finals)
Unified 100m Dash (finals)
Girls 800m Relay (finals)
Boys 800m Relay (finals)
Girls 1600m Run (finals)
Boys 1600m Run (finals)
*** Citizen open Mile (mixed boys and Girls)
Girls 400m Relay (finals)
Boys 400m Relay (finals)
Unified 400m Relay (finals)
Girls 400m Dash (finals)
Boys 400m Dash (finals)
Girls 300m Hurdles (finals)
Boys 300m Hurdles (finals)
Girls 800m Run (finals)
Boys 800m Run (finals)
Girls 200m Dash (finals)
Boys 200m Dash (finals)

PALMER SENIOR RECOGNITION

- Girls 1600m Relay (finals)
Boys 1600m Relay (finals)

**** NO HIGH SCHOOL ATHLETES!**