

44th Annual Dick Norman Invitational

Mayo High School

Friday, May 5th 2017

This has always been a very successful meet due to the great competition and spirit of the teams involved. The Discus event is measured with the laser measuring system that was developed by Former Mayo Coach and Minnesota Track & Field Hall of Fame Member Dick Norman who is also the field judge for the throwing events.

Scoring Format: Seeded True Team – every competitor factors into the team score but the events are seeded so athletes are matched up with others similar in ability (for running and throwing events). Heat/Flight for each event will be seeded the week of the meet and lanes/positions are then reserved for that school. Coaches may substitute athletes after the seeding if needed but substitutions will be placed in the position of the original athlete that was seeded.

Team Trophies: 1st and 2nd place teams will be presented at mid-field at the conclusion of the meet.

Individual Awards:

- T-shirts will be awarded to the individual and relay team champions.
- Female & Male Outstanding Field & Track Event Athlete of the Meet will be presented at mid-field at the conclusion of the meet.

Non-scoring Relay:

8:00pm - Throwers (4x100m), following will be the 11th Annual Coaches Relay (4x100).

See you next year – Friday, May 4th 2018

Brett Carroll & Donny Holcomb
Mayo Track & Field

*Any questions please contact:

Coach Brett Carroll @ brcarroll@rochester.k12.mn.us or 507-358-9134

Coach Donny Holcomb @ doholcomb@rochester.k12.mn.us

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General Information:

- Admission - \$7 Adults, \$4 Students, free to children 12 and under.
- The track is located @ Mayo High School (1420 11th Ave SE, Rochester)
- Concession stand will be available.
- Team camps can be set-up behind the smaller fence around the track.
(Please pick up any trash before you leave.)
- The school will not be open for the use of changing or showering.
- Indoor rest-rooms will be available.
- If a coaches meeting is needed, an announcement will be made.

- Heights will be as follows:
 - Boys HJ = 5-2, 5-4, 5-6, etc...
 - Boys PV = 7-6, 8-6, 9-6, 10-0, 10-6, etc...
 - Girls HJ = 4-2, 4-4, 4-6, etc...
 - Girls PV = 6-6, 7-6, 8-0, 8-6, etc...
- *HJ - The competitor has **60 seconds** to initiate their attempt from when their name is called.
- *PV - The competitor has **60 seconds** to initiate their attempt from when their name is called.
- Discus and Shot weigh-ins @ 3:00pm.

Minnesota State League Rule:

- An individual may be entered in a maximum of 4 total events and may not exceed 3 running or 3 field events (Relays are considered as one running event).
- An individual may not exceed 2 events 800 meters or greater (relay leg included).

Rosters/Lineups

- Information is posted on www.mayoinvite.weebly.com
- Rosters are due by Wednesday before the meet.
- Changes may be made during the meet up in the press box so we can get the correct athletes name in the results.

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Field Events

6pm	<u>Boys Vault</u> (7-6, 8-6, 9-6, 10, 10-6, etc...) <i>*Start at conclusion of Girls Vault</i>	3:45	<u>Girls Pole Vault</u> (6-6, 7-6, 8-0, 8-6, 9, etc..)
4pm	<u>Boys Discus</u> (4 throws no finals) Flight 1 (4:00-4:30) Flight 2 (4:40-5:10) Flight 3 (5:20-5:50)	4pm	<u>Girls Shot Put</u> (4 throws no finals) Flight 1 (4:00-4:30) Flight 2 (4:40-5:10) Flight 3 (5:20-5:50)
4pm	<u>Boys Long Jump</u> Cafeteria (4 jumps) <i>*Complete all jumps by 5:30</i>	4pm	<u>Girls Triple Jump</u> Cafeteria (4 jumps) <i>*Complete all jumps by 5:30</i>
4pm	<u>Boys High Jump</u> (5-2, 5-4, etc...)	4pm	<u>Girls High Jump</u> (4-2, 4-4, etc...)
6:00	<u>Boys Triple Jump</u> Cafeteria (4 jumps) <i>*Complete all jumps by 7:30</i>	6:00	<u>Girls Long Jump</u> Cafeteria (4 jumps) <i>*Complete all jumps by 7:30</i>
6pm	<u>Boys Shot Put</u> (4 puts no finals) Flight 1 (6:00-6:30) Flight 2 (6:40-7:10) Flight 3 (7:20-7:40)	6pm	<u>Girls Discus</u> (4 puts no finals) Flight 1 (6:00-6:30) Flight 2 (6:40-7:10) Flight 3 (7:20-7:40)

Running Events - (Rolling Schedule)

4:00	Girls 4x800 Relay (1 section)	4:15	Boys 4x800 (1 section)
4:30	Girls 100 Hurdles (3 sections)	4:40	Boys 110 Hurdles (3 sections)
4:50	Girls 100 Dash (3 sections)	4:55	Boys 100 Dash (3 sections)
5:10	Girls 4x200 Relay (1 section)	5:15	Boys 4x200 Relay (1 section)
5:25	Girls 1,600 (1 section)	5:35	Boys 1,600 (1 section)
5:40	Girls 4x100 Relay (1 section)	5:45	Boys 4x100 Relay (1 section)
5:50	Girls 400 Dash (3 sections)	6:00	Boys 400 Dash (3 sections)
6:10	Girls 300 Hurdles (3 sections)	6:15	Boys 300 Hurdles (3 section)
6:35	Girls 800 (1 section)	6:40	Boys 800 (1 section)
6:45	Girls 200 Dash (3 sections)	6:55	Boys 200 Dash (3 section)
7:05	Kids Race - Anyone younger than 8th grade meet on the track when called down by announcer.		
7:10	Girls 3,200 Run (1 section)	7:30	Boys 3,200 Run (1 sections)
7:45	Girls 4x400 Relay (1section)	7:55	Boys 4x400 Relay (1 section)
8:00	Throwers Relay (4x100) – not scored		
8:05	Coaches Relay (4x100) – not scored		
8:10	Presentation of: Outstanding Female & Male Athlete of the Meet		

Team Championship & Runner-up Trophies