



VALLEY QUEEN CHEESE INVITATIONAL

5-4-21

MEET INFORMATION



ENTRY FEE: Entry Fee is \$150 per school. Make checks payable to "Milbank High School" and bring day of meet.

MEET STARTER- Robert Kwasniewski MEET REFEREE- Bill Sawinsky

ENTRIES: 3 entries in individual events (unlimited in 800, 1600, 3200), 1 relay team per event. We will use Hy-Tek to record results.

FIELD EVENTS: Field Events will begin at 1:00 PM. 3 attempts in prelims, 3 attempts in finals; top 9 to finals. Implement weigh-in will be under the stadium on the north side. Chalk will be provided for marks, please no tape.

SPIKES: Track, runways, and high jump surface are rubberized. We require 1/8 inch spikes or less.

RUNNING EVENTS: Running Events will begin at 2 PM. The fast heat will be the first heat, please have your athletes plan accordingly. Tennis balls will be made available for relay handoffs, no tape on track please.

COMPETITOR NUMBERS: All entries will be done on Athletic.net and are due Monday, May 3rd by noon. Comp #'s and heat sheets will be sent out the morning of the meet. Comp #'s will only be used if there is a need to reheat races. Please have all athletes put their Comp # on their left hand for the meet.

AWARDS: No team points will be kept. Individual Events we will medal the Top 8. Relays we will medal the top 3. Valley Queen will also select and present MVP Male and Female Athletes at the end of the meet- they will each receive a plaque.

COACHES MEETING: We will have a short coaches meeting at 12:30 with the Meet Officials at the Finish Line.

SCHOOLS COMPETING: Milbank Area, Aberdeen Roncalli, Britton-Hecla School, Clark/Willow Lake, Clinton-Graceville-Beardsley, Dakota Hills, Florence/Henry, Great Plains Lutheran, Groton Area School, Lac qui Parle Valley, Langford, Sisseton, Tiospa Zina, Tri-State, Warner, Waverly-South Shore, Webster Area High School, Wheaton

TEAM CAMP: Teams can set up camp in the northwest or southwest corner of the facility on the grass. No camps on the infield please!

*****The Valley Queen Invite in 2022 will be held on Tuesday, May 3rd with Field Events at 1 PM and Running Events at 2 PM.**



MILBANK VALLEY QUEEN CHEESE INVITATIONAL
 TRACK & FIELD MEET --- TUESDAY, MAY 4th, 2021



RUNNING EVENTS – ROLLING SCHEDULE

TIME	EVENT	DIVISION
2:00 PM	3200 M RELAY	GIRLS/BOYS
	100 M HURDLES/110 M HURDLES	GIRLS/BOYS
	100 M DASH	GIRLS/BOYS
	800 M RELAY	GIRLS/BOYS
	1600 M RUN	GIRLS/BOYS
	400 M RELAY	GIRLS/BOYS
	400 M RUN	GIRLS/BOYS
	300 M HURDLES	GIRLS/BOYS
	1600 M MEDLEY RELAY	GIRLS/BOYS
	800 M RUN	GIRLS/BOYS
	200 M RUN	GIRLS/BOYS
	3200 M RUN	GIRLS/BOYS
	1600 M RELAY	GIRLS/BOYS

FIELD EVENTS SCHEDULE

FIELD EVENTS WILL START AT 1:00

DISCUS- BOYS FOLLOWED BY GIRLS

SHOT PUT- GIRLS FOLLOWED BY BOYS

LONG JUMP- BOYS AND GIRLS BOTH AT 2 PM *Girls North Pit, Boys South Pit

TRIPLE JUMP- BOYS AND GIRLS BOTH FOLLOWING LONG JUMP

HIGH JUMP- GIRLS FOLLOWED BY BOYS Starting Height 4' Girls 5' Boys

POLE VAULT- (Boys and Girls) will start at 1 PM

This meet is sanctioned by the SDHSAA.