

**Las Cruces Invitational**  
Hosted By:  
**Las Cruces High School**  
**Field Of Dreams – Las Cruces, NM**  
**Saturday, April 6, 2019**

**NOTE:** The LCPS Athletic Department has limited our local meets to **10 teams**.

The LCHS Invitational is a State-Qualifying meet. There will be four divisions, JV/Varsity-Boys, JV/Varsity Girls. The running events are Finals Only. One relay from each school will be allowed. The field events will begin promptly by the schedule provided. Athletes must check-in at the site when clerk calls. The schedule for running events will be run as per the schedule provided.

Entries will be accomplished using Runner Card – ([www.runnercard.com](http://www.runnercard.com)).  
All entries are due by Thursday, April 4, 2019 at 10:00 P.M.

There will be **no adds or replaces**, only scratches at the site.

**Entry Format – Varsity-3 entries per team per event, **1 relay per event, per team.**  
Junior Varsity-4 entries per team per event, **1 relay per event, per team.****

**AWARDS: Varsity- Top 3 of each event will receive medals. Top 2 teams will receive a team trophy.**  
**JV- NO Awards or Team Scoring will be kept.**

The awards may be picked up at the conclusion of the meet by head coaches in the press box.

Scoring: Individual Events 7-5-4-3-2-1, Relays 10-8-6-4-2-1

- NMAA and National Federation rules will apply.
- Please ensure that athletes are in compliance with uniform rules.
- Short spikes (1/4”) or less are required. Use tennis balls, rubber throw downs or tape to mark track or runways.
- Blocks will be provided.

A contestant may enter a maximum of 5 events. Not more than 4 may be track events or no more than 4 may be field events. No more than three of the four running events may be 400 meters or longer.

\*In the situation where confliction of events occurs with the entries of an athlete, running events will take precedence over field events. Every reasonable attempt will be made to allow for athletes to be able to participate due to the distance they must travel between the running and throwing areas, however running events will run on as scheduled. There will be a time limit of 15-minutes for throwing events and 10-for jumping events when this situation occurs.

**Field Events & Jumps: JV will get 4-attempts; Varsity will have 3-prelims and 3-finals (top 7 to finals).**

Pole Vault: Varsity Boys followed by Varsity Girls followed by JV Girls and JV Boys.

High Jump: Varsity Boys followed by Varsity Girls followed by JV Girls followed by JV Boys.

The coaches meeting will begin at 8:00 A.M. in the field house located at the north end of the stadium. Scratches for all events can be made at the check in of the event.

Weigh-Ins – will be held near the field house located on the north side of the stadium. All implements **must** be marked before they can be thrown in competition. Any implements not making weigh-ins will be confiscated and may be picked up after the completion of the event.

\*\* Throwing events (Shot Put, Discus and Javelin) are located NE of the stadium on the soccer fields. Access to them by foot is located at NE end of the East parking lot.

All athletes, coaches and spectators will enter in the Northwest stadium entry gate. All parents and spectators **must** remain in the stands. Please assist us in keeping coaches and only athletes that are competing on the field.

\*\* Note – Please use entry gates to the field located at the South West and North West ends of the stadium. Please remind your athletes to use those entrances. Please **do not jump the fence in front of the stands**, possible disqualification may result. Please help us to observe this requirement as per the Field of Dreams management.

Parking: **Only** workers and the Head Coaches will be allowed to park in the officials' parking area located behind the field house inside the gated area. All spectators must park in the West parking lot.

**Awards:** 1<sup>st</sup> & 2<sup>nd</sup> place **team** trophies will be presented for boys & girls **VARSIITY** divisions. 1<sup>st</sup> - 3<sup>rd</sup> place **individual** and relays will be awarded medals.

**Team Camps: Coaches, please have your team camps with canopies sit north of the South 20-yard line.**

**NO JV awards or team scoring will be given.**

**\*COACHES:** Please check your athlete's marks before leaving the track meet.

**Concession stand will be available. We will also be selling LCHS Invitational shirts for \$10.00.**

We would appreciate it very much if you would keep your team camps clean. Thank you very much for your help on this.

**Meet Organizer Contact Information:**

Name: Jennifer Eatmon  
Work Phone: 575-343-6212  
Phone: 575- 343-6212  
Email: jeatmon@lcps.net

**Las Cruces Invite**  
**Varsity & Junior Varsity Track Meet**  
**Field Of Dreams – Las Cruces, NM**  
**Saturday, April 6, 2019**

**Coaches Meeting: 8:00 AM in the North West Locker Room**

*Running Events- All timed finals*

*JV followed by Varsity and Girls Followed by Boys*

**9:00 A.M. RUNNING EVENTS**

**3200 Meter Run**

**400 Meter Relay**

**100-110 Meter Hurdles**

**100 Meter Dash**

**800 Meter Run**

**800 Meter Relay**

***30 Minute Lunch Break***

**400 Meter Run**

**300 Meter Hurdles**

**1600 Meter Run**

**1600 Meter Medley Relay**

**200 Meter Dash**

**1600 Meter Relay**

**FIELD/JUMPING EVENTS**

**Varsity will be 3-Prelims & 3-Finals**

**JV-will have 4-jumps or 4-throws, NO Finals!**

**9:00 A.M. Start Time**

**West Sand Pit:**

Girls Long Jump *followed by* Girls Triple Jump

**High Jump:** Varsity Boys followed by Varsity Girls followed by JV Boys followed by JV Girls

**Pole Vault:** Varsity Boys (9'6") followed by Varsity Girls (6'6) followed by JV Girls (6'0) and JV Boys (7'0") (JV Girls and Boys will be ran together)

**East Sand Pit:**

Boys Long Jump *followed by* Boys Triple Jump

**9:00 A.M.**

**Shot Put, Discus, and Javelin will start as follows and will rotate immediately after each group completes each event.**

**Shot Put:** Boys Varsity *followed by* Boys JV *followed by* Girls Varsity *followed by* Girls JV.

**Discus:** Girls Varsity *followed by* Boys Varsity *followed by* Boys JV *followed by* Girls JV.

**Javelin:** Girls JV *followed by* Girls Varsity *followed by* Boys Varsity *followed by* Boys JV.

**Scratch Lines: (can be changed at coaches meeting)**

**Discus:** V-Boys: 100'

V-Girls: 70'

Shot Put: V-Boys: 30'

V-Girls: 20'

Javelin: V-Boys 110'

V-Girls 70'

**WORK ASSIGNMENTS:**

Ocate- High Jump, Shot Put, 4x100-3<sup>rd</sup> Exchange, 4x200 1<sup>st</sup> and 3<sup>rd</sup> Exchange

Las Cruces- (Host school) East Pit: Boys Long Jump, Boys Triple Jump, 4x100-1<sup>st</sup> Exchange

Centennial- Pole Vault, Discus, Javelin, Medley 1<sup>st</sup> Exchange.

Mayfield - West Pit: Girls Long Jump and Triple Jump, 4x100-2<sup>nd</sup> Exchange