

# Redwood Valley Track Invite 2024

From: Andy Ourada, Athletic Director, Redwood Valley Schools

Teams competing: Montevideo, Canby-Minneota, Redwood Valley, Central MN Christian, JCC, Wabasso, Lakeveiw, Lake Crystal Welcome Memorial , Windom, MACCRAY/RCW,

Fee: \$100 per team

**When:** April 23<sup>th</sup>, 2024. Admission Adults: \$7.00 Students \$5.00

**Coaches Meeting:** 3:45pm

**National Anthem:** 3:55pm

**Field Events:** 4:00pm

**Running Events** 4:30pm- Regular MSHSL events and order.

## General Information

- The Football field will be used as a warm-up area for runners on deck only.
- You can have **3 entries in each running event/ 4 per Field** and must follow the 4 event maximum. Each team is allowed 2 relay teams per relay (No Awards)
- Please have your entries submitted on Athletic.net, you will get an email from Athletic.net.
- SCORING- IND- 10-8-6-4-2-1 Relay 10-8-6-4-2

## Field Events:

- We will run :
  - Shot Girls then Boys, Disc Boys then Girls
  - LJ Girls then Boys, TJ Boys then Girls
  - PV Girls then Boys, HJ Boys then Girls

\*There will not be coaches boxes taped off for reviewing video, but coaches WILL BE allowed to review video with athletes to teach. Videos WILL NOT be used to overturn officials decisions.

**Concessions:** Will be available sponsored by the RV booster club

Any Questions please email [aourada@redwoodareaschools.com](mailto:aourada@redwoodareaschools.com) call school 507-644-8063 or my cell 507-829-8668

Andy Ourada