

**12th ANNUAL
ORANGE/SIOUX INVITATIONAL**
Grades 7-8
Orange City, Iowa
May 15, 2006

Participating Schools

Hull Christian

Rock Valley Christian

Orange City Christian

Sioux Center Christian

Remsen St. Marys

Sheldon Christian

Field Events: 3:00 p.m.

Shot Put & Long Jump	- Boys First
	- Girls Second
Discus & High Jump	- Girls First
	- Boys Second

Running Events: 5:00 p.m. (approximate)

1500 Meter Run (Girls)
1600 Meter Run (Boys)
100 Meter Dash
1600 Meter Medley Relay
400 Meter Dash
4 x 200 Meter Relay
200 Meter Dash
800 Meter Run
800 Meter Medley Relay
4 x 100 Meter Relay
4 x 400 Meter Relay

Tuesday, May 15, 2006

Remember: The meet is back in Orange City this year.

Meet information for the Orange/Sioux Jr. High Track Meet
Field events start at 3:00 P.M.

1. Participation limit is a maximum of 4 events (nor more than two field events or three running events).
2. In individual events we will have separate races and points for 7th & 8th grade. Relays may be composed of combined teams made up of 7th and 8th graders.
3. The first heat will always be the fastest heat.
4. All events are finals.
5. Scoring for all events is as follows:
Individual 6-4-3-2-1
Relays 8-6-4-2-1
6. Awards: Ribbons for the first 5 places in all events.
7. Team awards
7 & 8 Girls - 1st place trophy
7 & 8 Boys - 1st place trophy
8. As far as letting us know who will be running in which events, we will use the following procedure. Field event participants will report to their event and we will sign them in there. I would like coaches to sign in their teams for running events on the day of the meet. Coaches should report to the concession stand area and there will be a room to sign in your entries for each event. This should speed up the track meet. If you have any questions please call me and I will try to better explain it.
9. Entry Fee: \$30.00 - please pay to SCCS prior to the meet

Thank You

Brian Vander Berg
712-722-0777
bvanderberg@scchristian.pvt.k12.ia.us