NOTES FOR ROCKET INVITATIONAL

2021:

We will follow all CDC and PA guidelines - important notes below:

        Please do Covid-19 screenings prior to arriving at the stadium. Any athlete or coach at a temperature of 99.5 or over should stay home.

         Social Distancing should be always maintained.

         Per PIAA guidelines, all coaches and athletes must wear a mask. Athletes may remove while competing.

         We will have hand sanitizer available at the finish line, clerking tables as well as all field event sites. We encourage use by your athletes and coaches

         No athlete should be on the infield unless they are actively warming up or competing. There will be an area for warming up sectioned off.

         Athletes should leave the infield immediately after finishing their event.

         Please keep the finish line area clear

         Coaches are permitted on the infield at any time.

         Tents may be setup inside & outside of the stadium fence or in the visitor’s side bleachers.  Teams are encouraged to spread out.

         We are working on the spectator’s piece, there is discussion of the event being live streamed. Further notice on both issues will be sent ASAP

         There will be a concession stand. Working out the details. We encourage all teams and athletes to pack water, and snacks.

         We will have Rocket Invitational Shirts for sale $10.00

 Rocket Invitational

v  Meet Date:                  May 7th, 2021

v  Entry Deadline: Wednesday April 21, 2021 at Noon - online entry thru Penn Track XC @[http://pa.milesplit.com](http://pa.milesplit.com/)

v  Meet Registration: Once the meet is closed-additional entries will not be accepted. There will be "no day of the meet" additions. Scratches will be done at the coaches' meeting and at the finish line tent.

v  Coaches' Meeting:3:15 PM

v   Field events start:3:45 PM            Running events start:3:45 PM.

We will use a posted time schedule - listen to the calls for your events.

Working on a hospitality room for Coaches.

v  Facilities: Spring Grove Area School District (Papermaker Stadium); 6 lane all-weather track, turf infield, 2 jumping runways, brand new pole vault pit, high jump pit, Javelin is synthetic surface

 Parking: Parking is limited at stadium, visitor parking will be at Intermediate and High School, easy walk to stadium.

v  Entries: There will be a limit of three (3) individuals from a single school per track & field event.

v   Relays: One (1) relay per event per school

v  Meet Management:Hy-Tek Meet Manager.Results posted on PennTrack XC

We will have live results at this link:  [2021 Rocket Invite Live Results](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fwww.carrollcountyrunning.com%2fResults%2fOutdoorTrack%2f2021RocketInvite.htm&c=E,1,pjfYlEl-sCvaTSSApU93lHVxoLbVIvMPCXXEQnhkRs1-oCqDgRaFzJxy1qztXnTsE2KbitQY-8OyV66gxn77xzTCxP7zo_V-KV5EzLCH0MC9&typo=1)

Scoring: top six score points 10-8-6-4-2-1

v  Individual Awards:Top 6 finishers will receive Rocket Invitational custom medals(1-3) and ribbons(4-6).

.Team Awards: Champion

v  Entry Fee: $150 per school team or $300 if both Boys & Girls Teams.

Entry Fee Payable to:  Spring Grove Area School District

v  Mail Registration Form and Entry Fee by Wednesday,April 1, 2021 to:

 Spring Grove Athletic Office-

Attn: Leslie Sprenkle

1490 Roths Church Road

Spring Grove PA 17362

v

 Athletic Director: Greg Wagner 717-600-6188, wangnerg@sgasd.org;

**Tentative Time Schedule**

3:45 pm          100/110 Meter High Hurdle Preliminaries (approx. 6 heats – 3 girls 3 boys)

4:00 pm          100 Meter Dash Preliminaries (approx. 6 heats – 3 girls 3 boys)

4:10 pm          4x800 Meter Relay

4:40 pm          100/110 Meter High Hurdle Finals

4:45 pm          100 Meter Dash Finals

4:50 pm          1600 Meter Run (approx. 2 heats – 1 girls 1 boys)  IF WE HAVE MORE THAN 15 ENTRIES WE PROBABLY WANT TO ADD A HEAT, WHICH WILL ADD 7 TO 10 MINUTES.

5:05 pm          4x100 Meter Relay

5:10 pm          400 Meter Dash (approx. 6 heats – 3 girls 3 boys)

5:30 pm          300 Meter Intermediate Hurdles (approx. 6 heats – 3 girls 3 boys)

5:45 pm          800 Meter Run (approx. 4 heats – 2 girls 2 boys)

6:00 pm          200 Meter Dash (approx. 6 heats – 3 girls 3 boys)

6:15 pm          3200 Meter Run

6:45 pm          4x400 Meter Relay

Field Events:

We will use both runways, one for long and the other for triple jump.

Throws:

There will be two preliminary flights: top seven advance to finals.

All first throws will be measured, subsequent throws will not be measured if they do not meet the minimum distance as defined at the coaches meeting.

Start times *If events finish ahead of schedule, subsequent events will start early, and announcements will be made.*

3:45     Girls shot put and Boys javelin

4:45     Boys shot put and Girls javelin

5:45     Boys discus

6:45     Girls discus

4:00 Girls Triple Jump, Girls High Jump, Boys Long Jump, and Girls Pole Vault

When these are completed a call will be made for:

Girls Long Jump, Boys Triple, Boys Pole Vault, Boys High Jump