

The 1st Henry Strapp Memorial Invitational will be held on Saturday, February 16, 2019. The meet will take place on our 8-lane polyurethane rubber track located at Gaither High School. Payments- Mail checks, payable to GHS ABC, to Gaither High School (Strapp Invitational) 16200 Dale Mabry Tampa, FL 33624 Attn. Bill Jenkins. All payments need to be received by Feb. 11.

3 entries per field event per school will be allowed. Athletes will be given 4 attempts (except for high jump and pole vault, which will be 3 attempts).

Teams will be allowed to enter up to 4 per event. All teams will be limited to 1 relay team per relay event.

For the distance events, there will be unseeded 1600m races in the morning with a seeded top 24 girls/boys 1600m run in finals. The same method will be used for the 3200m. The list of athletes accepted in the seeded 1600m and 3200m will be posted in the meet message board once entries have closed.

Heat winners will advance to finals, along with the next fastest times, dependent on the number of heats.

Finals will start at 3:30, at the earliest ,or 45 minutes after conclusion of preliminaries.

Event winner T-Shirts will be awarded as well as outstanding performer boys and girls, along with overall team awards.

The entry fee for team will be \$75 per gender or \$125 per school. Teams can enter an individual for \$15 per runner. Concessions will be open throughout the day with a wide variety of food and drinks.

Meet Schedule:

* 7:45AM Coaches Meeting

Field Events

* 8:10AM

-Long jump (two pits, one for boys and one for girls) followed by triple jump (top flight first)

-Girls discus followed by boys discus (top flight first)

-Boys shot-put followed by girls Shot-put (top flight first)

-Girls pole vault followed by boys pole vault (opening height girls 1.83 meters, boys 2.44

meters)

-Girls high jump followed by boys high jump (opening height girls 1.21 meters, boys 1.52 meters)

Running Events

*8:20AM

-4x800m Relay

-Unseeded 3200m-running clock, Boys/Girls same race

-100H/110mH Prelims

-100m Prelims

Unseeded 1600 -running clock Girls /Boys separate races

4x100m relay

-400m prelims

-Girls/Boys 300mH Timed Finals

-200m prelims

Finals start at 3:30 or 45 minutes after completion of the prelims

-Finals

-100/110mh, 100m,1600m , 4x100m, 400m, 800m, 200m, 3200m ,4x400m