

# INVITATIONALS

Invitationals are big meets with 20 to 100 schools participating. They are normally held on Saturday. Unlike dual meets, not everybody always competes in these. Only the top performers and several alternates are “invited” to go. It is an honor to be selected to an invitational team.

The major criteria used to select the competitors for an invitational is the overall performance potential of the athlete, with consideration also given to the results of the last dual meet. Other areas considered are the overall consistency of the athlete, and illnesses and injuries.

The following are considerations if you are entered in an invitational:

- Bring food and drink ( water, Gatorade ). Prices there will be expensive.
- Bring sunscreen.
- **NO** radios; only walk-man’s with earphones are allowed!
- Bring extra spikes of different sizes and a good spike wrench.
- Pack everything the night before.
- **YOU MUST RIDE THE BUS!!**

## INVITATIONALS – Continued

At invitationals you must report to the Clerk-of-the-Course with the entire relay team before running events. **DO NOT GO DIRECTLY TO THE STARTING LINE!** If you do, you may be scratched from the event for failure to report. Often, the same is true of field events. In other cases, you may be required to go to the field event area to report. Make sure you know the proper procedure for the meet.

If you are in both running and field events, you must check in with the field event judge to be excused from it to go to a running event. If it's the pole vault or high jump, get a final jump in before you leave, because if you come back and the bar has been raised, you must attempt the new height. You must return as soon as possible after the running race is over.

All relay members **MUST** be dressed alike. That means same shorts and singlet ( jersey ), and same color of tights, if any, under the shorts. If necessary, swap jerseys with a teammate before reporting to the Clerk.

**DO NOT LEAVE** sweats laying around while you compete. Leave them with a teammate, or put them in a bag in a secure area. If you don't, they will be stolen.

Do not, under any circumstances, leave the stadium without permission from the Head Coach.