

SCHEDULE OF EVENTS

Coaches meeting at start line 3:45

Field Events – **Start 4:15**

Boys Discus (Girls to follow)
Girls Shot Put (Boys to follow)
Boys High Jump (Girls to follow)
Girls Long Jump (Boys to follow) – Cafeteria style (90 min) Boys Triple Jump (Girls to follow) – Cafeteria style (90 min) Girls Pole Vault (Boys to follow)

Order of Events – **Start at 4:45**

4X800
100m hurdles
100m dash
4X200m relay
1600m run
4x100m relay
400m dash
800m run
200m dash
4x400m relay

Montgomery County MS Mini Medal 4:15 Field Events / 4:45 Running Events

- 1) An athlete is limited to 3 running and 1 field event.
- 2) The first eight places will be scored in all events.
- 3) 3/16" Pyramid Spikes or less
- 4) Dressing facilities will not be available.
- 5) We will use a waterfall for the 4x800, 800, and 1600.
- 6) We will not have prelims. All races will be finals.
- 7) Results will be emailed to all schools within 24 hours of the completion of the meet and uploaded to momilesplit.
- 8) Shot, Discus, Long Jump, and Triple Jump shall have 3 trials, no finals.
- 9) Opening heights for the pole vault and high jump will be set by the games committee.
- 10) Please do not wear spikes in the bleachers
- 11) Team camps will be set up on the North side of the track – between trail and softball field, West side of track at the end of the bleachers or outside the fence at the bullpen end of the track near the pavilion.