

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)

Girls Triple Jump (Boys to follow) – Cafeteria style (90 min)

Girls Pole Vault (Boys to follow)

Boys Javelin (Girls to follow)

Order of Events – **Start at 4:45**

Finals:

4x800 Relay

100m hurdles

110m hurdles

100m dash

4x200m relay

1600m run

4x100m relay

400m dash

300m hurdles

800m run

200m dash

3200m run

4x400m relay

Montgomery County Invitational

4:15 Field Events / 4:45 Running Events

General Meet information

1. The first eight places in each running event shall be scored (10-8-6-5-4-3-2-1). In case of ties, the points shall be divided and the contestants shall flip for the medals. Medals will be given for the top 6 places
2. Two entries per event, 1 relay for each school.
3. Games Committee: Bowling Green, Wright City, Montgomery, Meet Referee
4. Scratch Meeting – We will not hold a formal scratch meeting since entries are due the day of the meet. Scratches for field events will be done at the event. No substitutions will be made except for on relays.
5. Facility: The facility is an 8-lane, all-weather track. Please have all athletes wear **3/16" PYRAMID** spikes or less. Please do not wear spikes in the bleachers.
6. Throwing events will have **4 final throws** that will be supervised and measured.
7. Pole Vault and High Jump starting heights will be determined based on entry heights. The bar will be successively elevated 15cm at a time for pole vault. The bar will be successively elevated 5cm at a time for high jump. *(All warm-ups need to be taken prior to start of event.)*
8. The long jump and triple jump will be run cafeteria style with a 90 minute cut time limit. **4 final jumps**. **After 90 min time limit is up, no additional jumps will be given.**
9. We will use a waterfall start for the distance races.
10. Athletes must report to the bullpen prior to their race. No athlete will be added to a race at the starting line.
11. Team camps will be set up on the North side of the track – between trail and softball field, Bullpen end near the pavilion or on West side at the end of the visitor bleachers
12. Results will be emailed to all schools within 24 hours of the completion of the meet and uploaded to **MileSplit**.