

## FULTON M.S. TRACK AND FIELD

### MIDDLE SCHOOL INVITATIONAL April 10th, 2018

#### Date, Time, and Location

1. The meet will be held on **Tuesday, April 10th, 2018** beginning at **4:00 p.m.** for field events and **4:30 p.m.** for running events at Fulton High School.
2. This is a middle school track meet.
3. Upon arrival, report to the press box for an entry list.
4. A general coaches/captains meeting will be held at 3:45 p.m. in the hospitality room. Room located in the Field house on the side by the baseball field. General information and instructions will be given at the meeting. Athlete scratches will be made at this time.

#### Entry Fee

1. The entry fee for this meet is **\$100 per school.**
2. **Make checks payable to FULTON HIGH SCHOOL.**
3. Mail checks to Ryan Waters at Fulton High School prior to April 10th, 2018.

#### Entries

1. TRXC will be managing our meet entries and timing this year. [Online Entry Link](#)
2. Entries are due Friday April 6th, 2018 at 5:00 PM. Changes can be made until April 10th at 9:00AM.
3. Entries are limited to **two** athletes per event and **one** relay per team. An athlete can compete in a maximum of **four** events including relays.
4. Medals will placed in packets and coaches may pick them up after the meet or when leaving.
5. Scoring of the meet will be as follows: 10-8-6-5-4-3-2-1 for the eight places respectively. Medals will be given for the top three places in all events. Plaques will be awarded for 1st place to the girls and boys team. In cases of ties, the points will be divided and the contestants who tie will flip for the medal.

#### Admission

Admission is free for spectators

#### Rest Rooms

1. Rest rooms are available in the Sports Complex Building located next to the track.
2. **NO SPIKES IN THE RESTROOMS.**
3. There will be no dressing facilities. Please advise your athletes to not enter the High School Building for any reason.

#### Concessions

Concessions will be provided by the Fulton Athletics Booster Club.

#### Competition Facility

1. The track (eight lane) and jumping event approaches have an all-weather surface.
2. **You may use spikes that are a maximum of 3/16 inch on all track and runway surfaces.**
3. If an athlete is found with spikes longer than 3/16", they will be disqualified from the meet.
4. The Shot Put and Discus rings are concrete.
5. There are bleachers for seating. Throws and jumps area do not have spectator seating.

**DO NOT WEAR SPIKES IN THE BLEACHERS OR IN THE REST ROOMS.**

#### Officials

An MSHSAA registered starter will be used for this meet. Relay exchange zones will be assigned by April 10<sup>th</sup>.

## **Rules**

The MSHSAA/National Federation Rule Book will be followed. Only those changes in meet procedures as are deemed necessary to provide for the fair and efficient management of this meet will be utilized.

### **FIELD EVENT INFORMATION**

#### **1. Time Limit Rules will be in Effect**

#### **Shot put and Discus**

1. Three throws with no finals.
2. Each thrower will be given 1 measured mark. For each throw after, if the throw does not reach the minimum marks listed the throw will not be measured. (mark minimum are subject to change)
  - a. Shot put: 25 ft women and 35 ft men
  - b. Discus: 80 ft women and 90 ft men

#### **Jumps and Vault**

3. Long and triple jump will be cafeteria style with three jumps. No finals
4. Pole vault starting height will be determined by the games committee, with the cross bar raised by 6".
5. High Jump starting height will be determined by the games committee, with the cross bar raised by 1".

#### **4:00 FIELD EVENTS**

<b>Start</b>	<b>Followed by</b>
Girls Triple Jump	Boys Triple Jump
Girls Shot Put	Boys Shot Put
Girls High Jump	Boys High Jump
Boys Long Jump	Girls Long Jump
Boys Discus	Girls Discus
Boys Pole Vault	Girls Pole Vault

#### **4:30 RUNNING EVENTS (Girls Followed By Boys)**

**All races will be seeded according to times and are run as finals. The top 8 times will be placed in the last heat.**

1. Where applicable, girls will compete first followed by the boys.
2. All events will be competed by gender separately.
3. The 400 Meter Dash, 4 X 100 Meter Relay, and 4 X 200 Meter Relay will be run in lanes all the way.
4. The 800 Meter Run will be a one turn stagger. The 1600 Meter Run, will use a waterfall start.
5. The 4 X 400 Meter Relay will be run with a three (3) turn stagger, with the first runner in lanes all the way and the second runner breaking for the pole after the first turn.

100m High Hurdles  
110m High Hurdles  
100m Dash  
800m Relay (4X200)  
1600m Run  
400m Relay (4X100)  
400m Dash  
800m Run  
200m Dash  
1600m Relay (4X400)

Teams in the Meet

Blair Oaks  
Calvary Lutheran  
Christian Fellowship  
Eldon Middle  
Immaculate Conception Church  
Kingdom Christian Academy  
Laura Speed Elliott Middle  
St. Joseph Cathedral  
St. Peter Interparish  
St. Stanislaus Church  
Winfield Middle  
Fulton Middle School

Please Contact:

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