

**MONTGOMERY COUNTY R-II TRACK AND FIELD
MS Wildcat Invite Friday 3/22/19 @ 4:15**

COST FOR THE MEET: \$200 TOTAL (\$100 BOYS/\$100 GIRLS)

Coaches meeting at start line 3:45

Field Events – Start 4:15

Boys Discus (Girls to follow)

Girls Shot Put (Boys to follow)

Girls High Jump (Boys to follow)

Girls Long Jump (Boys to follow) – Cafeteria style (1.5 hours)

Boys Triple Jump (Girls to follow) – Cafeteria style (1.5 hours)

Boys Pole Vault (Girls to follow)

Order of Events – Start at 4:30

4x800 Relay

100m hurdles

100m dash

4x200m relay

1600m run

4x100m relay

400m dash

800m run

200m dash

4x400m relay

Teams attending: Bowling Green, Clopton, Community, Elsberry, Fulton, Louisiana, Montgomery, Palmyra, Van-Far, Winfield, Wright City

General Meet information

1. Entries will be made on www.trxctiming.com full instructions on website if you've never used it - **Pay attention to deadlines. Opens March 11, 2019 and closes March 22, 2019 at 9:00am**
2. **4 entries** per event, **2 relay** for each school. Athletes limited to 4 events (3 running). Will medal.
3. 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. Scratches for running events can be done at the bullpen (during the meet). No substitutions will be made except for on relays.
4. Facility: The facility is an 8-lane, all-weather track. Please have all athletes wear **3/16” pyramid** spikes or less.
5. Throwing events will have 3 attempts that will be supervised and measured. Finals only.
6. High Jump and pole vault starting heights will be determined based on entry heights. The bar will be successively elevated 2” at a time for high jump 6” for pole vault. *(All warm-ups need to be taken prior to start of event.)*
7. The long jump and triple jump will be run cafeteria style with a 1.5 hour cut time limit. Participants will have 3 jumps that can be taken any time during the 1.5 hours. **After the time limit is up, no additional jumps will be given.**
8. Athletes must report to the bullpen prior to their race. No athlete will be added to a race at the starting line. **Any athletes that are not at the bullpen after the third call will be scratched.**
9. Automatic timing will be used. We will not use back up timers unless there is a computer problem; all races against time.
10. Team camps will be on the North side of the track between the Softball fields and trail, southeast end outside the fence by the bullpen or on West side of track at the end of the visitor bleachers.
11. Please remind athletes to stay off the football playing surface except during warmups.
12. Press box access - Off limits to athletes and parents. No access to roof of Press box.