Fulton Middle School Invitational Track Meet 2022

Place:Fulton High School TrackDate:Monday, April 11, 2022Time:Meet starts at 4:00 p.m.

Schools Invited: Calvary Lutheran, Christian Fellowship, Eldon, Immaculate Conception Church, Kingdom Christian Academy, Laura Speed Elliott Middle, Our Lady of Lourdes, St. Joseph Cathedral, St. Stanislaus Church, Winfield Middle.

Entry Fee: \$100 per school

Concessions: The Fulton Booster Club will be providing concessions

Restrooms: Restrooms are located in the west end of the athletic field house

Seating: Bleacher seating is available next to track

Parking: Busses and parents will park in the high school lot.

Contact Information:

FMS Track Coaches

- George Yates: 573-220-7002 gyates@fulton58.org
- Tyler Payne tpayne@fulton58.org
- Kegan Lee <u>klee@fulton58.org</u>
- Emily Knipe <u>eknipe@fulton58.org</u>

Athletic Director

• Ryan Waters: 573-590-8116 <u>rwaters@fulton58.org</u>

Entries: Entries will be done through mo.milesplit and are limited to 2 athletes per event and one relay team. Entry deadline is 3:00 pm Sunday, April 10th, 2022. No more than 4 events per athlete, with one being a field event.

Scoring: Scoring will be 8 places. 10-8-6-5-4-3-2-1

Awards: Medals will be awarded to the top three athletes in each event. 1st place team award for boys and girls.

Coaches Meeting: There will be a coaches meeting at 3:30 in the press box on the top of the bleachers. Scratches can be made at this time. No substitutions.

Track Surface: 8 lane all weather surface. Starting blocks will be provided.

Spikes: 1/4 Inch spike is allowed. All others will be disqualified.

Results: Results will be available 24 hours after the meet and posted on athletic.net mo.milesplit.com

Order of Events:

Field Events - Each athlete will get 3 attempts in field events.4:00: Girls Triple JumpBoys High Jump (Starting height 4'0")

Girls Discus		Boys Shot Put	
Girls Pole Vault	(Starting height 5'0")	Boys Long jump	
5:00: Girls High Jump	(Starting height 3'8")	Boys Triple Jump	
Girls Shot Put		Boys Discus	
Girls Long Jump		Boys Pole Vault	(Starting height 6'0")

Running events starting at 5:00 pm			
Girls run first followed by the boys			
4x800			
100 hurdles			
100m			
4x200 1600			
4x100			
400m			
800m			
200m			

4x400