

Flathead Mini-Invite

April 9, 2019, Tuesday

Legends Field, Kalispell

Non Team Scoring

RUNNING EVENTS

11:00

- 1 Boys 400 Relay
Girls 400 Relay
- 2 Boys 3200 Run
Girls 3200 Run
- 3 Boys 110 Hurdles
Girls 100 Hurdles
- 4 Boys 100 Dash
Girls 100 Dash
- 5 Boys 800 Run
Girls 800 Run
- 6 Boys 400 Dash
Girls 400 Dash
- 7 Boys 300 Hurdles
Girls 300 Hurdles
- 8 Boys 1600 Run
Girls 1600 Run
- 9 Boys 200 Dash
Girls 200 Dash
- 10 Boys 1600 Relay
Girls 1600 Relay

FIELD EVENTS

11:00 Boys

- Pole Vault
- Discus
- Long Jump
- High Jump

11:00 Girls

- Pole Vault
- Shot Put
- Long Jump
- Javelin

Other Boys

- Shot Put follows Boys Discus
- Triple Jump follows Boys LJ
- Javelin follow Girls Javelin

Other Girls

- Discus will follow Shot Put
- Triple Jump follows Girls LJ
- High Jump follows Boys HJ

Starting Heights and Rises for Pole Vault and High Jump

Boys PV- 7'6" with 6 inches raises until 3' left

Boys HJ- 4'10", 5'1", 5'4", 5'7", 5'10" now plus 2"

Girls PV- 5'6" with 6 inch raises until 3' left

Girls HJ- 4'1", 4'4", 4'7", 4'10" now plus 2"

To Enter Events: All running entries will be made at the starting line and all field events entries will be made at the field event site.

Running Events: There will be no separation between Varsity and Junior Varsity/Freshmen. We would like to see the better athletes run in the first heats when we need multiple heats. Please encourage your fastest runners to step forward and get in the early heats or races. Athletes from the same school should avoid running in adjacent lanes, split up.

Field Events: Each athlete will be entitled to four (4) attempts, all attempts are finals. High Jump and Pole Vault will follow rule book procedures. We would like to see the better athletes grouped together so that they may compete in a single flight.

Results: We plan to record every athletes time or distance in Athletic.net following the meet.

Note: Uniform rules and jewelry rules are always in effect for all events.