

FULTON TRACK AND FIELD  
**10<sup>th</sup> ANNUAL DON DOBSON**  
**VARSITY INVITATIONAL**  
**May 1st, 2020**

**Date, Time, and Location**

1. The meet will be held on **Friday, May 1st 2019** beginning at **4:00 p.m.** for field events and **4:15 p.m.** for running events at Fulton High School.
2. This is a varsity track meet.
3. Upon arrival, report to the hospitality room for heat sheets and scratches.
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 need to be made prior to the meeting.

**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 May 1st, 2020.

**Entries**

1. TRXC will be managing our meet entries and timing this year. [Online Entry Link](#)
2. Entries are due Wednesday April 29, 2020 at 5:00 PM. Changes can be made until May 1st 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 May 1<sup>st</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, Discus, and Javelin

1. Four 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.
  - a. Shot put: 20 ft women and 30 ft men
  - b. Discus: 60 ft women and 80 ft men
  - c. Javelin: 60 ft women and 80 ft men

#### Jumps and Vault

3. Long and triple jump will be cafeteria style with four jumps. No finals
4. Pole vault starting height will be 1 height below the 8th place seed mark, with the crossbar raises every 6".
5. High Jump starting height will be 1 height below the 8th place seed mark, with the crossbar raises every 2".

### 4:00 FIELD EVENTS

Start		Followed by	
Girls Triple Jump	Cafeteria Style 1 ½ hour	Boys Triple Jump	Cafeteria Style 1 ½ hr
Girls Shot Put	Flights 20'	Boys Shot Put	Flights 30'
Girls High Jump	TBD	Boys High Jump	TBD
Boys Long Jump	C.S. 1 ½ hour	Girls Long Jump	C.S. 1 ½ hour
Boys Javelin	Flights 80'	Girls Javelin	Flights 60'
Boys Discus	Flights 80'	Girls Discus	Flights 60'
Boys Pole Vault	TBD	Girls Pole Vault	TBD

### 4:15 RUNNING EVENTS (Girls Followed By Boys)

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

1. Girls will compete first followed by the boys.
2. All events will be completed by gender separately.
3. The 800 Meter Run, 1600 Meter Run, 3200 Meter Run, and 4x800 Meter Relay will be a box start, one turn stagger.
4. 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 in at the break line.

4x800m Relay  
100m/110m Hurdles  
100m Dash  
4x200m Relay  
1600m Run  
4x100m Relay  
400m Dash  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4x400m Relay

#### Schools Competing in Meet:

Blair Oaks	Mexico
Father Tolton	Boonville
Fatima	
Fort Zumwalt East	

#### Contact Information:

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