

# 2019 Montgomery County Early Invite



**Dear Athletic Director and Head Track Coaches,**

**The Montgomery County Early Invite is scheduled for March 19, 2019 at 4:15 pm. Field Events will begin at 4:15. Running Events will begin at 4:45. There will NOT be preliminaries**

**Each school is limited to 4 entries per event and 2 relays. Entry Fees are \$100 (\$50 for boys / \$50 for girls). Please make checks payable to Montgomery County R-II c/o Adam Falloon.**

**Coaches are required to fill out their entries on-line at [trxctiming.com](http://trxctiming.com). Entries can be submitted from March 11<sup>th</sup> –March 19<sup>th</sup>. The deadline on the trxc timing website is March 19<sup>th</sup> at 9:00 am entries will be final. Please do not wait until the last minute to get your entries completed. Late entries will not be accepted.**

**Teams attending: Clopton, Fulton, Mark Twain, MSD, North Callaway, Paris, Silex, Van-Far, Warrenton, Wellsville, Wright City, Montgomery County, Owensville**

**If you have any questions, please feel free to call me at 573-564-2213 Ext. 2219**

**Sincerely,**

**Adam Falloon  
[afalloon@mc-wildcats.org](mailto:afalloon@mc-wildcats.org)  
Activities Director  
Montgomery County R-II**

# SCHEDULE OF EVENTS

Coaches meeting at start line 3:45

## **Field Events – Start 4:15**

Boys Discus (Girls to follow)

Girls Shot Put (Boys to follow)

Boys/Girls Javelin

Girls High Jump (Boys to follow)

Girls Long Jump (Boys to follow) – Cafeteria style (2 Hours)

Boys Triple Jump (Girls to follow) – Cafeteria style (2 Hours)

Girls Pole Vault (Boys to follow)

## **Order of Events – Start at 4:45**

4x800m Relay

100m hurdles

110m hurdles

100m dash

4x200m relay

1600m run

4x100m relay

400m dash

300m hurdles

800m run

200m dash

3200m run

4x400m relay

## General Meet information

1. The first eight places in each running event shall be scored (10-8-6-5-4-3-2-1). The first eight places in relays shall be scored (10-8-6-5-4-3-2-1). In case of ties, the points shall be divided and the contestants shall flip for the medals. Medals will be given for the top 3 places.
2. **4 entries per event, 2 relays for each school.** Athletes limited to 4 events.
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. 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. Please do not wear spikes in the bleachers.
5. Throwing events will have 3 Final throws that will be supervised and measured.
6. Pole Vault and High Jump starting heights will be determined based on entry heights. The bar will be successively elevated 6" at a time for pole vault. The bar will be successively elevated 2" at a time for high jump. *(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 2 hour cut time limit. Participants will have Three jumps that can be taken any time during the 2 hours. **After time limit is up, no additional jumps will be given.** Encourage your athletes to be at field events when not running.
8. We will use the one turn box alley for the 800 and 4 x 800. We will use a waterfall start for the 1600 and 3200. We will run boys and girls 3200 together if possible
9. 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.**
10. Team camps will be set up on the North side of the track – between trail and softball field, southeast side of track by pavilion or on West side at the end of the visitor bleachers
11. Press box access - Off limits to athletes and parents. No access to roof of Press box.
12. Results will be emailed to all schools within 24 hours of the completion of the meet and uploaded to [trxtiming](#).