



HAMILTON INVITATIONAL

Friday, April 4, 2025

Coaches and Administrators,

Hamilton High School is looking forward to hosting your track and field teams at the Hamilton Athletic Complex on Friday, April 4. This meet gets under way at 9:30 a.m. and will feature varsity, JV, and Unified competition. A schedule of events is attached. Please plan on attending a coaches and scratch/add meeting at 9:00 in the south warming room.

ENTRIES: Entries should be completed on athletic.net. Please enter times and marks from this season and use your judgment for new athletes' marks and times. Entries are due at 11:59 p.m. on Tuesday, April 1. Please limit entries to 5 junior varsity and 5 varsity athletes per event per school per gender. I will send out heat sheets on Wednesday evening.

ENTRY FEE: \$50.00/school to help cover the cost of running this meet.

Make checks out to Hamilton High School.

327 Fairgrounds Road
Hamilton, MT 59840

SCORING: 10-8-6-4-2-1

TRACK EVENTS: All running events will be timed finals.

DISTANCE RACES: We will use international waterfall starting procedures as per Montana High School Association.

SPIKES: 1/8" pyramid spikes ONLY on any rubberized surface. Illegal spikes will lead to athlete disqualification.

TIMING: We will be using a FinishLynx FAT timing system in conjunction with Athletic.net. Results will be uploaded to Athletic.net as the meet progresses.

FIELD EVENTS: Flighted events with prelims and the top 10 competitors receiving another 3 attempts in finals (varsity only). High Jump and Pole Vault will follow MHSA guidelines. Due to the high number of athletes, we will have separate JV areas for the throwing events. ... throws coaches will get their steps in!

Minimum Marks

	Shot Put	Discus	Javelin	Long Jump	Triple Jump	High Jump	Pole Vault
Girls JV	24'	60'	65'	11'	23'	3'8"	6'
Girls V	30'	85'	85'	14'	28'	4'4"	7'6"
Boys JV	28'	75'	90'	14'	30'	4'8"	7'0"
Boys V	35'	100'	120'	17'	35'	5'4"	8'6"

Volunteer Assignments:

	Shot Put	Discus	Javelin	High Jump
Girls JV	Corvallis			
Boys JV	Dillon	Sarah Griffin Darby	Lou Faust Frenchtown	Mike Haines Seeley

Meet managers: Jake Jessop / Travis Blome

FAT Timing: Bryce Carver / Kristy Rodriguez

Starter: Marlin Lewis

Marshall: Joel Stuber

Head Finish Line Judge: TJ Pool

Jumps Manager: Lakyn Bauder

Throws Manager: Chris Jessop

Please see the schedule of events below.

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SCHEDULE OF EVENTS

FIELD EVENTS (9:30 start)

BOYS: Long Jump (V – JV)
Shot Put (V)
Javelin (V)
Discus (JV)

GIRLS: Discus (V)
Long Jump (V - JV)
High Jump (JV - V)
Shot Put (JV)
Javelin (JV)

Rolling schedule for all field events.
(For instance, Girls javelin-Varsity will follow the conclusion of Boys javelin-Varsity. Boys discus-Varsity- will follow the conclusion of the Girls discus - Varsity- and so on)

(11:00 start)

BOYS: Pole Vault (JV + V)
*Girls' Pole Vault (JV + V) begins at completion of boys' competition.

*We will begin BOYS and GIRLS **Triple jump** immediately after the conclusion of the Long Jump.

TRACK EVENTS (11:00 start: JV-V)

GIRLS 100m Hurdles
BOYS 110m Hurdles
GIRLS 100m Dash
BOYS 100m Dash
GIRLS 1600m Run
BOYS 1600m Run
GIRLS 4x100m Relay
BOYS 4x100m Relay
GIRLS 400m Dash
BOYS 400m Dash
GIRLS 300m Hurdles
BOYS 300m Hurdles
GIRLS 800m Run
BOYS 800m Run
GIRLS 200m Dash
BOYS 200m Dash
GIRLS 3200m Run
BOYS 3200m Run
GIRLS 4x400m Relay
BOYS 4x400m Relay