

GALLATIN VALLEY INVITATIONAL TRACK AND FIELD MEET

April 12th, 2025

The Gallatin Valley Invitational Track Meet will be held on Belgrade High's all-weather surface on Saturday, April 12th, beginning at 10:00AM. The meet will be hosted by Belgrade High School. There will be a coaches meeting at 9:15 AM at the track shed on the West end of the track. **SPIKES - 1/8" SPIKES ONLY ALLOWED ON THE TRACK OR RUNWAYS. VIOLATIONS WILL RESULT IN DISQUALIFICATION**

Please make sure your entries are completed by Thursday at 10PM.

ON SATURDAY MORNING WE DISCUSS THE MEET AND THE EVENTS TEAMS ARE HELPING WITH. Be sure to have your athletes entered in the events prior to Thursday, 10 pm. We will do scratches during the coaches meeting.

COST: We are charging each school \$100 (\$50 Boys team / \$50 Girls team)
Make checks payable to: Belgrade High School

ADMISSION: We will be charging admission to this event
Adults \$4

AWARDS - Individual awards to places 1-6 per level (Varsity). Team Scoring Points 10-8-6-4-2-1.

ENTRIES: Varsity Level - up to five athletes will be allowed to sign up per school per event. Top 10 will go to finals and Top 6 will place in the field events
Junior Varsity Level - each athlete will get 4 attempts, **No Finals**

BIBS: We will provide race bibs for all athletes and they should be worn on the front across the chest.

We would like to ask that each school furnish one coach/adult to help with an event along with two other helpers. You will be notified as to which event, once teams have confirmed their attendance.

LIMITATIONS OF EVENTS - The Montana High School Association Handbook will be followed in regard to limitation of events.
ALL RULES WILL BE ENFORCED! (Uniforms, sportsmanship. Etc.)

IMPLEMENTS: All implements must meet HS Federation specifications and be marked accordingly by each school.

JAVELIN - Will be thrown off of a grass surface. North of the track.

STARTING BLOCKS - Will be provided by the meet management.

RESTROOM FACILITIES & CONCESSIONS - will be available in the Special Events Center Lobby. Do not wear spikes into the facility.

- LOCKER ROOMS WILL NOT BE AVAILABLE..
- PLEASE PICK UP YOUR TRASH. GARBAGE BAGS WILL BE PROVIDED.
- NO FOOTBALLS, FRISBEES, OR LOUD MUSIC WILL BE ALLOWED IN THE STANDS OR ON THE FIELD.
- NO SHOT PUTS, DISCUS, JAVELINS OR ELECTRONIC DEVICES ON THE INFIELD OF THE FOOTBALL FIELD.

Field Events will be ran using Athletic Field APP: This allows real time results to be seen on Athletic live. For workers/coaches, you will need a full battery on your phone to be able to run the event.

Starting gun: We are using the Finishlynx electronic starting gun. The gun makes a tone for the start. We will demonstrate the gun to coaches and athletes prior to the start of the meet.

Minimum Marks that will be used for measuring

	Boys	Girls
<u>Shot Put</u>	35	25
<u>Discus</u>	100	70
<u>Javelin</u>	110	80

Starting Heights

	Boys	Girls
<u>High Jump</u>	5-4	4-4
<u>Pole Vault</u>	8-0	6-0

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Running Events

Timed Finals

Order: Boys/ Girls

Field Events

1/8" spikes only, except javelin

Varsity- 3 attempts, top 10 to finals

JV – 4 Attempts, no finals

Be aware that the running events will be run:

Boys Varsity

Girls Varsity

National Anthem - 9:55

If we are ahead of schedule we will stay ahead

Schedule Running Events (Estimated)

10:30 3200 m Finals (B)

10:55 110 m Hurdles (B)

11:30 100 m Hurdles (G)

12:00 100 m (B)

12:30 100 m (G)

1:00 800 m (B)

1:15 800 m (G)

1:35 200 m Finals (B)

2:05 200 m Finals (G)

2:35 400 m Relay (B)

2:50 400 m Relay (G)

3:05 1600 m Finals (B)

3:25 1600 m Finals (G)

3:40 400 m (B)

4:05 400 m (G)

4:25 300 m Hurdles (B)

4:40 300 m Hurdles (G)

4:50 3200 m finals (G)

5:00 1600 m relay (B)

5:30 1600 m Relay (G)

Schedule Field Events:

(We will be pinning throws to help speed up the field events)

10:00 Pole Vault (G)
Long Jump (G) (V) (West Pit)
Discus (G) (V)
High Jump (B) (JV)
Shot Put (B) (V)
Triple Jump (B) (V) (East Pit)
Javelin (B) (JV)

12:30 Long Jump (B) (V) (West Pit)
Triple Jump (G) (V) (East Pit)
Pole Vault (B)

2:00 Shot Put (G) (V)
High Jump (G) (V)
Javelin (G) (JV)
Discus (B) (V)

* all times are approximated

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