

# GALLATIN VALLEY INVITATIONAL TRACK AND FIELD MEET

## April 15, 2023

The Gallatin Valley Invitational Track Meet will be held on Belgrade High's all-weather surface on Saturday, April 19th, beginning at 10:00AM. The meet will be hosted by Belgrade High School. There will be a coaches meeting at 9:30 AM in the East Lobby of the Special Event Center.

**SPIKES - 1/8" SPIKES ONLY ALLOWED ON THE TRACK OR RUNWAYS. VIOLATIONS WILL RESULT IN DISQUALIFICATION**

**Please make sure your rosters are updated on Athletic.net by Wednesday, April 13th**

**ON SATURDAY MORNING WE DISCUSS THE MEET AND THE EVENTS TEAMS ARE HELPING WITH. THIS IS A NUMBERS MEET. ATHLETES WILL CHECK IN AT EACH EVENT WITH THEIR NUMBER.**

**COST:** We are charging each school \$60 (\$30 Boys team / \$30 Girls team)  
**Make checks payable to: Belgrade High School**

**ADMISSION:** We will be charging admission to this event  
Adults \$4 Students k-12 \$1

**AWARDS -** Individual awards to places 1-6 per level (Varsity). Team Scoring Points 10-8-6-4-2-1.  
Plaques will be given for: 1<sup>st</sup> Place Boys Varsity Team, and 1<sup>st</sup> Place Girls Varsity Team.

**ENTRIES:** Varsity Level - up to five athletes will be allowed to sign up per school per event.

**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 -** Located in the east end of the Special Events Center. Do not wear spikes into the facility.

**CONCESSIONS –** Concessions will be available in the Special Events Center Lobby.

- 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.

**TEAMS INVITED:** Anaconda, Belgrade, Billings Central, Broadwater Co., Butte Central, Dillon, Ennis, Fergus, Gardiner, Hardin, Harlowton, Harrison, Huntley Project, Jefferson Co., Laurel, Lima, Manhattan, Manhattan Christian, Park, Red Lodge, Shepherd, Sheridan, Shields Valley, Sweet Grass Co., Three Forks, Twin Bridges, West Yellowstone, White Sulphur Springs, Whitehall, Willow Creek

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## April 15, 2023

### Running Events

Timed Finals  
Order: Boys/ Girls

### Field Events

1/8" spikes only, except javelin  
Varsity- 3 attempts, top 10 to finals  
JV – 3 Attempts, no finals

All teams must remain in the bleachers-no camping on infield. NO LOUD MUSIC, FOOTBALLS, FRISBEES, ETC., ON FIELD OR IN BLEACHERS.

Be aware that the running events will be run:

Boys Varsity  
Girls Varsity

### **National Anthem - 9:55**

#### 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)
1:25	*Unified Relay	
Break		
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)	(West Pit)
	Discus	(G)	
	High Jump	(B)	
	Shot Put	(B)	
	Triple Jump	(B)	(East Pit)
	Javelin	(B)	(JV)
12:30	Long Jump	(B)	(West Pit)
	Triple Jump	(G)	(East Pit)
	Pole Vault	(B)	
2:00	Shot Put	(G)	
	High Jump	(G)	
	Javelin	(G)	(JV)
	Discus	(B)	

\* all times are approximated

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