

Manhattan Christian HS Track Invitational

AT GALLATIN HIGH SCHOOL

Date: Apr 20, 2024

Site: Gallatin HS

Coaches Meeting: 8:00-8:15 am

Entries Due: Apr 16th, 4:00pm, Entries submitted online through <http://www.athletic.net>

Field Events: 9AM

4 Attempts – No Finals

Running Events: 9:30AM

Scratches: Because of the use of the Lynx timing system, there will be no additions. Scratches must be completed by 8:45AM.

Rules:

1. National Federation and MHSA events and limitations rules will be in effect.
2. Six places will be scored in each event as follows; 10-8-6-4-2-1
3. Only **1/8” spikes** will be allowed on the track and jumping approaches. **Spikes will be checked at each event.**
4. Restroom facilities are available, but no locker rooms.
5. Bus Parking: see below
6. Athletes will be seeded into heats or flights through **Athletic.net**, according to submitted times and distances. Entries will be limited to 5 events per athlete. Each athlete can compete in a total of 5 events per MHSA policy.
7. All team members are expected to exhibit good sportsmanship.
8. The head coach needs to verify that all his/her competitors are properly equipped & attired (uniform, equipment).
9. **IMPLEMENT WEIGH-INS will begin @ 7:45am – Throwers using implements that are not properly marked as being legal, will be disqualified from that event.**
10. Starting heights and minimum distances that will be measured:

<u>Javelin</u>	110' Boys	65' Girls	<u>Pole Vault</u>	9' Boys	6'6 Girls
<u>Hi Jump</u>	5'2 Boys	4'3 Girls	<u>Discus</u>	80' Boys	60' Girls
<u>Shot</u>	32' Boys	25' Girls	<u>Long Jump</u>	17' Boys	13' Girls

*Starting heights and measurements will be discussed and adjusted at the coaches meeting.

Entry Fee: \$175 – payable to MCS

*Buses please park on the East side of the Gallatin HS parking lot or on Annie St.

MANHATTAN CHRISTIAN INVITATIONAL

Schedule of Events

Order of Events (Boys followed Girls)

9:30AM

Boys followed by Girls

3200m Run (NOTICE CHANGE from other meets)

Field Events

3200 M Run

110 HH Finals Hurdles: MC/W. Yellowstone

100 HH Finals

100m Finals

400m relay

400m dash

1600m dash

300m Hurdles

800m Finals

200m Finals

1600m relay

9AM

Pole Vault (G) –
Long Jump (G) –
Long Jump (B) –
Javelin (B) –
Discus (G) –
High Jump (G) –
Shot (G) –

Following the above schedule

Javelin (G) –
High Jump (B) –
Discus (B) –
Triple Jump (B) –
Triple Jump (G) –
Pole Vault (B) –
Shot (B) –

***Please keep tents off of the infield.**

***Keep throwing implements off the infield as well as Frisbees, footballs, dogs, parents, etc.**

***Spikes are 1/8th inch only**

***Please pick up trash**

***Athletes report to the marshaling area (start of the 100m) for entry into events, except for the 300 Hurdles & 200m, then report to the starting line.**