

GLASGOW INVITATIONAL

COACHES:

Due to the Easter holiday weekend, this year Glasgow High School will be hosting their annual track meet for boys and girls on Thursday, March 29th. Attached, you will find a schedule of events. Each school will be charged a \$60.00 entry fee to help cover the expenses of the meet (dual gender). NEW: if you have a team of less than 12 contestants total, both boys and girls, the fee is \$5.00 for each contestant.

This year, we are only accepting entries online, using athletic.net. Please visit our website at <http://www.glasgowtrack.com> for more information on how to sign up for a FREE coach account with athletic.net to register your athletes. We realize it's early, but please estimate a time or measurement for your athletes. Entry deadline is Monday, March 26th at midnight.

Contestants will be limited to 5 events as per MHSAA handbook. Each school WILL be allowed to enter more than one relay team. You must designate which is the 'A' team; only that team is eligible for ribbons.

All running events will be timed finals. There will be a scratch session at 8:30 a.m. to adjust the heats before the first race. Only 1/8" spike pyramids are allowed. Field events will begin at 9:00 a.m. sharp.

Coaches must turn in the Pole Vault Competitors' Event Verification Form at this meet and all other meets during the year as per the NFHS Track and Field rule 7-5.

This is an open meet with all classes competing together. Ribbons will be awarded to the first five places in each event. Team trophies WILL NOT BE AWARDED.

We are trying to get as many workers as possible, but you will probably have to help with an event. We will try to minimize this as much as possible.

This meet will be timed FAT.

We will weigh-in implements starting shortly after 8 a.m.

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Glasgow High School Track & Field Coach

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**SCHEDULE OF EVENTS
Glasgow High School
Invitational Track Meet
March 29, 2018**

**Running Events
All Running Events are Finals
Girls then Boys**

9:30 a.m.

300m Hurdles

3200m Run

400m Relay

800m Run

100/110m Hurdles

-BREAK-

100m Dash

400m Run

1600m Run

200m Dash

1600m Relay

**All Field Events are Finals
4 jumps – 4 throws**

9:00 a.m.

Long Jump (Boys)

Pole Vault (Boys)

Javelin (Boys)

Discus (Girls)

10:30 a.m.

Long Jump (Girls)

Shot Put (Boys)

Javelin (Girls)

11:00 a.m. High Jump (Girls)

NOON

Triple Jump (Boys)

Pole Vault (Girls)

1 p.m.

Shot Put (Girls)

Discus (Boys)

High Jump (Boys)

Triple Jump (Girls)