

TOP 10

COACHES:

This year the “Top 10” Meet will be held in Glasgow on Tuesday, May 2nd, starting at 3:00 p.m. for field events and 4:15 p.m. for running events. This meet is for the top track competitors in eastern Montana, both boys and girls. Medals will be awarded to the top four places in each event.

We have only eight lanes on the curves and back stretch so we will have to limit some events to only eight qualifiers. Those events are:

200 meter	400 meter	300 meter hurdles
400 meter relay		1600 meter relay

Because of the quality of the meet and the short time span of the schedule, the athletes who qualify for both the 100 meter and the 400 meter, and the athletes who qualify for both the 800 meter and 1600 meter will have to choose one or the other. If you have any questions concerning this, please call.

This year, ALL ATHLETE NOMINATIONS MUST come through athletic.net. We had multiple issues last year with meets not uploading to athletic.net, which makes it much more difficult to put together a list.

We have full instructions on our Top 10 page at <http://www.glasgowtrack.com>.

It would be very helpful if coaches could send their e-mail addresses and cell phone numbers to Coach Phillips early in the season, so we have the updated contact info - WE NEED TO VERIFY EACH ENTRY! SO PLEASE BE AVAILABLE ON SUNDAY, APRIL 30TH SO WE CAN MAKE THIS PROCESS EASIER!

All coaches are asked to check our website at <http://www.glasgowtrack.com> on Sunday, April 30th starting at noon. We will publish the Top 10 list with alternates so you can see if you need to scratch any athletes from their event. Once you see the list, please e-mail tim@kltz.com to verify your entries.

And, invariably, we have changes, so please try to be near your cell phone on Sunday afternoon and evening.

We are asking that all coaches please stay in the stands as much as possible. Only those athletes who are participating in an event or warming up should be on the field.

This meet has grown to be one of the best meets in Montana. It attracts college coaches as well as many track fans. We hope to see you there! Note: we will be using FAT timing again this year.

Tim Phillips

Glasgow High School

Phone: 406-263-1144 E-mail: tim@kltz.com Web: <http://www.glasgowtrack.com>

2017 TOP 10 Schedule

3:30 National Anthem

Field Events

3:00 Pole Vault – Girls
Long Jump – Boys

3:30 Shot Put – Boys
Discus – Girls
Pole Vault – Boys
High Jump – Boys

4:00 Long Jump – Girls

4:30 Discus – Boys
Shot Put – Girls

5:00 Triple Jump – Boys

5:30 Javelin – Girls
Javelin – Boys
High Jump – Girls

6:00 Triple Jump – Girls

Running Events

Girls then Boys

4:15 100 M Hurdles

4:25 110 M Hurdles

4:35 400 M Run

4:50 100 M Run

5:05 1600 M Run

5:25 400 M Relay

5:40 800 M Run

5:55 200 M Run

6:10 300 M Hurdles

6:30 3200 M Run

7:00 1600 M Relay