

GLASGOW INVITATIONAL

COACHES:

The Glasgow Invitational will be held on Friday, April 1st, 2022. 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). You can mail checks to Glasgow High School.

If you have a team of less than 12 contestants total, both boys and girls, the fee is \$5.00 for each contestant.

Entry deadline is 7 p.m. on March 30, 2022

1. Click on the Glasgow Invitational in your calendar on athletic.net
2. Click Register Athletes

Entry Deadline: Tuesday, March 30th at 7:00:00 p.m.

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. Only 1/8" spike pyramids are allowed. Field events will begin at 9:00 a.m. sharp.

There will be a coach's meeting at 8:20 a.m. We will meet NEAR the finish line shed. Please spread out as much as possible.

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 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. at the finish line shed

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Glasgow High School Track & Field Coach

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**SCHEDULE OF EVENTS
Glasgow High School
Invitational Track Meet
April 1, 2022**

**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
3 jumps – 3 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)