

## TOP 10

### COACHES:

This year the “Top 10” Meet will be held in Glasgow on Tuesday, May 3, 2022, 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.

ALL ATHLETE NOMINATIONS MUST come through athletic.net.

**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, May 2nd SO WE CAN MAKE THIS PROCESS EASIER!**

**All coaches are asked to check our website at <http://www.glasgowtrack.com> on May 2nd 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 events.**

**And, invariably, we have many changes, so please try to be near your cell phone on Sunday afternoon and evening. It takes several hours for us to get through the entire list of events!**

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

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# 37th Annual Norm Girard North/East Top Ten Meet

Tuesday, May 3, 2022

## SCHEDULE

3:30 National Anthem

### FIELD EVENTS

3:00 Pole Vault – Girls  
Long Jump – Boys  
Discus – Girls  
Shot Put – Boys

4:00 Long Jump – Girls  
Pole Vault – Boys  
High Jump – Boys  
Javelin – Girls

5:00 Triple Jump – Boys  
Shot Put – Girls  
High Jump – Girls  
Discus – Boys

6:00 Triple Jump – Girls  
Javelin – Boys

### RUNNING EVENTS

Girls first

4:15 100m Hurdles  
4:25 110m Hurdles  
4:35 400m Run  
4:50 100m Run  
5:05 1600m Run  
5:25 400m Relay  
5:40 800m Run  
5:55 200m Run  
6:10 300m Hurdles  
6:30 3200m Run  
7:00 1600m Relay

Admission Price: Adults \$7, Students \$5