***Mike Castillo Invitational***

***Fox Field***

***Silver City, NM***

***March 29, 2019***

***1:30-2:30 pm Scratch Meeting – Fox Field storage sheds on the south side of the track.***

 ***Please, no adds or replaces, only scratches at the site.***

***\*\*Equipment weigh in also at Fox Field Storage Shed.*** All implements

**must** be marked before they can be thrown in competition.

\*\*\* ***Finger Food will be provided at the scratch meeting and lunch will be provided for Coaches, Volunteers, and Bus Drivers.***

***Field Events:***

 ***3:00 Javelin – Boys 1st, followed by girls***

 ***High Jump – Girls 1st, followed by Boys***

 ***Long Jump – Boys & Girls (open pit 1 ½ hrs)***

 ***Triple Jump – Boys & Girls (open pits 1 ½ hrs)***

 ***3:00 Shot – Girls 1st followed by Boys***

 ***Discus – Boys 1st followed by Girls***

***\*\*\*Pole Vault WILL START IMMEDIATELY AFTER HIGH JUMP***

 ***Girls start and Boys join in at entry height.***

***3:00PM RUNNING EVENTS (Girls 1st followed by Boys)***

* ***400 meter relay***
* ***1600 meter run***
* ***100 meter hurdles***
* ***110 meter hurdles***
* ***100 meter dash***
* ***400 meter dash***
* ***Break (15 to 30 minutes) Will be determined if we are ahead or behind schedule.***
* ***800 meter run***
* ***800 meter relay***
* ***300 meter hurdles***
* ***1600 meter medley relay***
* ***200 meter dash***
* ***3200 meter run***
* ***Weight person relay (only field event athletes)***
* ***1600 meter relay***

***Field Events:***

* ***Field Events will have 3-prelims and 3-finals (top 8 to finals).***
* ***In the situation where confliction of events occurs with the entries of an athlete, running events will take precedence over field events. Every reasonable attempt will be made to allow for athletes to be able to participate due to the distance they must travel between the running and throwing areas, however running events will run on as scheduled. There will be a time limit of 10-minutes for throwing events and 10-for jumping events when this situation occurs.***
* ***NMAA and National Federation rules will apply.***
* ***Please ensure that athletes are in compliance with uniform rules.***
* ***Short spikes (1/4”) or less are required. Use tennis balls, rubber throw downs or tape to***

 ***mark track or runways.***

* ***Blocks will be provided.***

**AWARDS: Varsity- Top 3 of each event will receive medals and 4th thru 6th will receive ribbons. Top 3 teams will receive a team trophy.**

***The awards may be picked up at the conclusion of the meet by head coaches in the Fox Field Shed. (Subject to change at the meet)***

**Team Camps: Areas will be marked off for team camps. Locations will be determined prior to the meet but stands are highly recommended.** We would appreciate it very much if you would keep your team camps clean. Thank you very much for your help on this.

**\*COACHES:** Please check your athlete’s marks before leaving the track meet.

**Concession stand will be available.**

***Head Coach: Paul Osuna***

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