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MOUNTAINVIEW HIGH SCHOOL

TO: Track Coaches & AD’s

FROM: Dustin Rees

DATE: April, 16, 2021

RE: Mountain View Middle School Quad

**TIME & DATE**

 **April 17, 2021 – START TIME: 3:30**

**LOCATION:**

Mountain View High School Track

**Entries:**

This will be a STICKER MEET. Please ensure that all athlete stickers have the following: SCHOOL, GRADE, FULL NAME

 Entries also need to be completed on RUNNERCARD so we can easily get results out to you at the end of the meet.

**SCHOOLS ATTENDING: Mountain View, Lyman, Cokeville, Kemmerer**

**ENTRY NUMBERS/NUMBER OF PARTICIPANTS:**

Events are unlimited with the **exception of the jumping events and relays.**

**Each school will be allowed only two (2) relay entries (Only one will be scored. Please mark them A and B)**

**Each school will be allowed a maximum of 6 jumpers per gender, per grade.**

**Athletes may participate in only four (4) events**

 **Sixth grade participants are to be included in the seventh grade division.**

**EQUIPMENT:**

Blocks will be provided Boys 100 hurdles 33”

1/8” spikes only Boys/Girls 200 hurdles 30”

4K shot

Girls 100 hurdles 30”

**FINALS: ALL EVENTS ARE FINALS**

**We will be using stickers for all running events.**

 **Make sure you include the athlete’s first and last**

 **name, the school name, the grade level and the**

 **event name.**

Running Events: All running events will be held as finals.

 Each running event will be allowed one false start before disqualification.

 Field Events: All field events will be held as finals. All participants will be given four (3) trials with No Finals

Will run in flights as much as possible. Athletes may be moved to different flights to accommodate running events.

**SCORING:**

 Scoring 10-8-6-5-4-3-2-1

 Only the top 8 from each school will be considered for scoring.

 Only 1 relay team from each school will be scored.

 Team scoring will be kept with the boys and girls’ scoring separate and the 7th and 8th grade scoring separate.

**CAMPS:**

 **Please have your athletes set up camps behind the stadium away from the or in the bleachers. NO CAMPS ON THE INFIELD**

**QUESTIONS:**

If you have any questions. Please call Dustin Rees at 782-6340 or 747-7467

**SCHEDULE OF EVENTS**

**3:30 FIELD EVENTS: SIGNUP as early as possible: Field Events are**

 **Open Pit**

Girls’ Shot Put 7th followed by 8th Grade (S)

 Boys’ Shot Put 8th followed by 7th Grade (N)

 Girls’ Discus 8th followed by 7th Grade (S)

 Boys’ Discus 7th followed by 8th Grade (N)

 Triple Jump 7th G, 7th B, 8th G, 8th B (N)

 Long Jump 8th B, 8th G, 7th B, 7th G (S)

 High Jump 8th G, 8th B, 7th G, 7th B, -follow this order if possible…… the bar may be lowered and raised to accommodate jumpers.

 **Starting High Jump Heights**

 **8th Girls 3’ 10’**

 **7th Girls 3’ 6”**

 **8th Boys 4’ 2”**

 **7th Boys 4’ 0”**

**3:45 RUNNING EVENTS: Running order: 7G, 8G, 7B, 8B**

1600 Meter Run (depending on # of athletes different divisions may run together)

100 Meter Hurdles

100 Meter Dash

400 Meter Dash

4 X 100 Relay

200 Hurdles

800 Meter Run

200 Meter Dash

4 X 200 Relay

4 X 400 Relay