

FM WILSON INVITATIONAL TRACK & FIELD MEET

Girls Division Saturday, April 20, 2019

Participants

GIRLS DIVISION @ NUSENDA COMMUNITY STADIUM

Albuquerque	Highland	Sandia Prep
Albuquerque Academy	La Cueva	Valley
Atrisco Heritage	Rio Grande	Volcano Vista
Del Norte	Sandia	West Mesa
Eldorado		

Entries

Submit entries through Direct Athletics, www.directathletics.com, by 9:00am the day prior to meet.

Format

Seeding of heats will be slowest to fastest, timed finals.

Lane assignments Curved races: 3-4-5-6-7-8-2-1 Straight races: 4-5-3-6-2-7-1-8

Field events will be 3 trials/finals flighted with time limit; the order will be lowest entry mark to highest entry mark. If no mark is given, the participant will be placed before the lowest entry mark.

Shot Put, Discus and Long Jump will be flighted DCBA with time limit. Javelin and Triple Jump will be flighted ABCD with time limit. Pole Vault and High Jump will be flighted lowest to highest with time limit.

Time Schedule Order of Events

8:30am	Field Judge/Officials Meeting
8:45am	Equipment Weigh-In
8:45am	Scratch Meeting
9:05am	Coaches Meeting
10:00am	Running Event Officials Meeting

FIELD EVENTS

9:15am—11:30am	Javelin
9:15am—11:30am	High Jump
9:15am—11:30am	Shot Put
9:15am—11:30am	Long Jump
9:15am—11:45am	Pole Vault
11:45am—2:00pm	Discus
11:45am—2:00pm	Triple Jump

RUNNING EVENTS

10:45am	3200m Run (Fast Heat)
	400m Relay
	100m Hurdles
	100m Dash
	1600m Run
	800m Relay
	400m Dash
	300m Hurdles
	800m Run
	1600m Medley Relay
	200m Dash
	3200m Run (Slow Heat)
	1600m Relay