

## **May-Port CG Patriots Invitational Meet Information**

- Entry fee a \$100.00 per varsity team (\$200.00 for boys and girls) and \$75.00 per junior high team (\$150 for boys and girls) fee payable to May-Port CG High School when you arrive at the meet
- Divisions: JHG AND JHB, HSG and HSB in individual events and relays
- Admission will be \$5 for every fan in attendance Kindergarten age and higher. Please bring exact payment
- Please share with spectators that no pets will be allowed
- Concessions will be available
- Meet results will be emailed to the head coaches and AD's
- If you see someone or something unsafe, please take care of the problem and notify a MPCG coach or official
- **No tape to be used on the track or runways. If found, it will result in an immediate disqualification from that event for the athlete responsible. Chalk will be provided**
- **NO THROWING IMPLEMENTS ALLOWED IN THE INFIELD**
- **No team camps OR food, beverage, gum, and seeds on the infield**
- **Team camps are to be outside of the fence on the west side of the track. Please keep camps close to the fence out of range of the discus throwing area**
- **Please police your camps and pick-up all garbage and double check that you have all your equipment, uniforms and gear before you leave**
- Spikes: use only 1/8 or 1/4 pyramid
- Ribbons for top 8 places for both JH/HS
- Scoring 10-8-6-5-4-3-2-1
- Pick up awards at the conclusion of the meet in the press box or they will be mailed
- A video timing system will be used. Please have coaches register on the athletic.net website no later than the day prior to the event.
- Buses can be parked on the gravel driveway on the east side of the baseball field
- Contacts [adam.sola@may-portcg.com](mailto:adam.sola@may-portcg.com) and/or [wgarrettmehus@gmail.com](mailto:wgarrettmehus@gmail.com)

**We hope to have most events covered; however, we may need one coach from each team to help cover field events.**

# May-Port CG Invitational Junior High/Varsity Track & Field Meet

April 30, 2022 • May-Port CG High School

Coaches Meeting at 10:45 Field Events 11:00 Running Events 11:30

## **11:00 a.m. Field Events**

Triple Jump (VB, JHB, VG, JHG)

Long Jump (VG, VB, JHG, JHB)

High Jump (JHB, JHG, VB, VG)

Shot Put (JHG, JHB, VG, VB)

Discus (VG, VB) then (JHG, JHB)

Javelin (VB, VG)

Pole Vault (JHB & JHG) then (VG, VB)

## **11:30 a.m. Track Events (Boys will run first)**

4 x 800 meter relay

200 meter hurdles

300 meter hurdles

100 meter dash

4 x 200 meter relay

1600 meter run

4 x 100 meter relay

400 meter dash

110 meter hurdles (Boys)

100 meter hurdles (Girls)

800 meter run

200 meter dash

3200 meter run (VB, VG) run together?

4 x 400 meter relay (JHG, JHB, VG, VB)

