

Marietta Middle School Tune-Up Invitational

April 10th, 2021

Marietta High School/ Marietta GA

Facility 8 lane track. Timing will be FAT. Concessions stand will be open. Admission will be \$5, CARD ONLY, cash not accepted at the main stadium gate or concession stand.

Equipment **NO Starting blocks for this meet.** Teams need to provide their own field event implements and relay batons. ******1/4 inch pyramid spikes or shorter only******

Entries 3 entries per event and 2 entry per relay event. Entries will be made online at ga.milesplit.com. Entries need to be completed by March 11th at 7:00pm. **No additions and changes will be allowed the day of the meet however substitutions will be permitted.**

Entry Fee \$150 per school. \$20 per individual athlete. Please make checks out to: **“MHS Finish-Line Booster Club” or “Marietta High School”**

Awards TROPHIES: TOP 2 GIRLS & TOP 2 BOYS TEAMS.
MEDALS: Top 3 in each event

Scoring Individual and relay: 10-8-6-5-4-3-2-1

Field Events Each individual will have 4 attempts. Best of the 4 attempts will be final result except for the high jump and pole vault.

Rules We will also use the National Federation rulebook. We will enforce uniform rules.

Contact Nick Houstoulakis
Head High School Track Coach
Marietta High School
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Time Schedule and Order of Events:

8:30AM Track is open for warm-ups
9:30AM Coaches meeting at midfield

Field Events- Best of 4 Attempts- except for High Jump and Pole Vault

10:00AM **BOYS:**
Long Jump
High Jump: Opening height 4'6
Shot Put
GIRLS:
Long Jump
Pole Vault: Opening height 6'0
Discus

FOLLOWED BY:

BOYS:
Triple Jump
Pole Vault: Opening height 6'6
Discus
GIRLS:
Triple Jump
High Jump: Opening height 4'0
Shot Put

RUNNING EVENTS – Girls will run 1st, Boys will run 2nd

11:00AM:
Girls 3200M Run

12:30PM:
4x100M Relay
1600M Run
400M Dash
100M Dash
100M High Hurdles (G-30inch/B-33inch)
800M Run
200M Dash
300M Intermediate Hurdles
BOYS 3200M Run
4x400M Relay
AWARDS