

ALL INFORMATION SUBJECT TO CHANGE. Please read carefully and reach out with questions before committing to this meet:

- The Mountain Ridge Invite is intended to be an efficient and enjoyable mid-sized meet.
- Meet will be held on Friday, March 11th at Mountain Ridge High School.
- Weigh-ins start at 1:15 and coaches meeting will be at 1:30. Races and field events start at 2:00PM. We will run with a rolling schedule and move along as quickly as we can.
- Admission for the meet is \$5 per adult, \$3 per student and kids 10 and under will be free. The proceeds go to supporting high school athletics.
- **Important!!** Please do not arrive before 1:00PM, the parking lot will still be full.
- This is a State Qualifying Event.
- To ensure all events finish on time we will be adding a hog line for all horizontally measured field events. We will measure first attempts. Second and third attempts must exceed the hog line. Hog line will be set at the coaches meeting.
- We have an issue with lighting at the discus areas. We will need to reinforce a hog line that ensures we finish on time. It is possible some throwers will not get to establish all throws. Please understand this before committing to this meet.
- Tents set up in the East (visitors) bleachers or grass area between softball field and track.
- Timed finals for all track events.
- Coaches' hospitality will be provided. We will also have fully equipped concessions that will provide snacks, drinks and food.
- Medals will be awarded for 1st, 2nd and 3rd place. Athlete of the meet will be awarded to top scoring girl and boy.
- Team scoring will follow the 10-8-6-5-4-3-2-1 format.
- Trophy for boys and girls champions, runners up.
- Athletic trainer will be available
- Triple Jump will be held at the South pit and long jump at the North pit.
- Milesplit will be used to register athletes. Registration will be closed on Thursday, March 10th at 10:00AM. DO NOT USE ATHLETIC.COM
- Three athletes may be entered for each individual event. Each athlete is limited to 4 total events, including relays. One relay per team.
- Javelin will be in the field directly West of the stadium.
- High Jump and Pole Vault opening heights and increments will be determined at coaches meeting.

- The entry fee is \$175 for boys and girls each, \$350 for both

Checks payable to:

Mountain Ridge Track and Field (ID [86-6004178](tel:86-6004178))

Attn; Anna Moses

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