

Mountain View Middle School Track and Field Invitational
Bob Sepulveda Track @ Tiger Stadium
March 11, 2026

1. In all running events, please enter a seed time for your better runners in order to be seeded in the appropriate heat. Otherwise, they will be seeded randomly.
2. **Scratch Meet: 3:30pm** – High School Concession Stand.
3. The label system will be used for scoring. Please provide your own labels for your entries. Please provide the athlete name, school name, and event for all track events and the last runner in a relay.
4. Running events have precedence over field events, but we ask that field event participants check in with the judge when a running event conflicts with the field event. *****PLEASE REPORT BACK TO FIELD EVENT AS SOON AS POSSIBLE.*****
5. **Athletes may enter four (4) events, but no more than three (3) may be running or field events.**
6. APS schools have unlimited entries into all events.
7. Visiting schools need to limit all track and field entries to 5 entries per event and no more than 2 relays.
8. Schools can enter more than one relay. However, only the fastest relay from each school will be scored.
9. All field event participants other than high jump will be allowed three (3) attempts.
10. All high jump participants will be allowed three (3) jumps at each height attempt.

SCRATCH MARKS FOR FIELD EVENTS ARE AS FOLLOWS:

Girls Shot Put	15 ft	Girls Long Jump	10 ft
Boys Shot Put	25 ft	Boys Long Jump	13 ft
Girls Discus	30 ft	Girls Triple Jump	No Mark
Boys Discus	50 ft	Boys Triple Jump	No Mark

OPENING HEIGHTS ARE AS FOLLOWS:

Girls High Jump	3'10", 2" thereafter
Boys High Jump	4'4", 2" thereafter

11. Scoring: Individual – 7-5-4-3-2-1
Relays – 10-8-6-4-2-1
12. No spikes longer than ¼" will be permitted. Athletes will be disqualified from further participation in the meet for wearing longer spikes or abusing the track or runways in any way. **Takeoff marks for relays should be marked with tennis balls or tape.**
13. To avoid congestion on the infield, the following rules have been established:
 - (a) Participant will enter the infield **only** after the first call for his/her event.
 - (b) Coaches will be allowed on the field.
 - (c) Each team will be allowed only two (2) managers on the field.
 - (d) Athletes should remain in the stands unless they are preparing for an event.**NO CAMPS ON THE FIELD.**
14. **No** personal speakers will be allowed in the stands during the meet.
15. **No** athletes will be permitted in the bleachers with spikes on.

Please submit team entries on ***nm.milesplit.com*** by 9:00 AM on Tuesday, March 10.

**Mountain View Middle School Invitational
Track Meet Schedule
March 11, 2026**

Scratch Meet: 3:30

Running Events: 1st Call 4:00pm

4:15pm	1600 Meter Run (Girls & Boys)
	400 Meter Relay (Girls & Boys)
	100 Meter Hurdles (Girls)
	110 Meter Hurdles (Boys)
	100 Meter Dash (Girls & Boys)
	800 Meter Run (Girls & Boys)
	800 Meter Relay (Girls & Boys)
	400 Meter Dash (Girls & Boys)
	300 Meter Hurdles (Girls & Boys)
	1600 Meter Medley Relay (Girls & Boys)
	200 Meter Dash (Girls & Boys)
	1600 Meter Relay (Girls & Boys)
	400m Weight Men/Women Relay (NO POINTS)

Field Events:

High Jump:	4:15pm (Girls)
	5:00pm (Boys) or immediately following Girls High Jump
Shot Put:	4:15pm (Boys)
	5:00pm (Girls) or immediately following Boys Shot Put and Girls Discus
Discus:	4:15pm (Girls)
	5:00pm (Boys) or immediately following Girls Discus and Boys Shot Put
Long Jump:	4:15pm (Boys)
	5:00pm (Girls) or immediately following Girls Triple Jump
Triple Jump:	4:15pm (Girls)
	5:00pm (Boys) or immediately following Boys Long Jump