

BOLLES TRACK & FIELD
PRE-SEASON INVITATIONAL
MINI-MEET

Date: Friday, February 8, 2019

Time: 3:00 Coaches Meeting: Finish Line of the track

Field Events: Begin at **3:30 p.m.** Check in at event site.

We will start with the following events all at 3:30:

Boys Discus (followed by girls)

Girls Shot (followed by boys)

Girls Long Jump (followed by Triple Jump)

Boys Long Jump (followed by Triple Jump)

Boys High Jump (followed by girls)

Girls Pole Vault (followed by boys)

Running Events: Begin at **5:00 p.m.** Check in at starting line. Heats against time; fastest heats first. Events will be in the following order (girls then boys):
High Hurdles, 100m, 1600m, 200m, 800m, 4X400m

There will be **unlimited entries** in all individual and relay events.

Awards: Ribbons: 1-8. There will be no team awards

Entry Fee: \$50 per team: \$100 for both Boys and Girls team.

Entry Deadline: Tuesday night, 11:59 PM Feb 5. We will use FAT and DirectAthletics for meet registration. The meet will be limited to four total schools attending, so please contact me for the password to register on DirectAthletics.

Starting Heights:

High Jump: Girls 1.20m, Boys 1.50m

Pole Vault: Girls 2.00m , Boys 2.75m

Contact Information: If you have any questions, you may contact me via email at dan_dearing@hotmail.com or by phone at (904) 234-0191.

We will need and appreciate any help that you can provide with field events.