

Please join us in the running of The **RunMatanzas T&F Invitational**, hosted by Matanzas HS.

- **DATE:** March 19, 2022
- **LOCATION:** Matanzas HS, Palm Coast FL
- **MEET DIRECTOR**
 - Tim Kane
 - 386-315-6965
 - kanet@flaglerschools.com
- **ENTRY FEE:**
 - \$150.00 per school
 - \$ 80.00 if only one gender
 - Make checks payable to Matanzas HS
 - You may bring to the meet
- **ENTRY LIMITS**
 - Individual events: 4 per school
 - Relay events: 1 per school
 - **NO WILL BE NO POLE VAULT**
- **SCHEDULE:**
 - 6:30am gates open
 - 8:00am coaches meeting at finish line (coffee and donuts)
 - 8:30am field events
 - Shot: girls followed by boys: 3 efforts
 - Discus: boys followed by girls: 3 efforts
 - Javelin: girls followed by boys after shot & discus are complete: 3 efforts
 - High jump: girls followed by boys
 - There will not be pole vaulting
 - 8:30am 4X800 girls followed by boys
 - 9:30am consolation 1600 girls followed by boys (this is any runners above your 4 person limit-- coaches will be responsible for getting times)
 - 11:30am running events (heats against time-- rolling schedule)
 - 100/110 hurdles girls followed by boys
 - 100 girls followed by boys
 - 1600 girls followed by boys
 - 4X100 Relay girls followed by boys
 - 400 girls followed by boys
 - 40 yard dash girls followed by boys
 - 300H girls followed by boys
 - 800 girls followed by boys
 - 200 girls followed by boys
 - 3200 girls followed by boys
 - 4x400 mixed gender (2 girls and 2 boys)

- 4X400 girls followed by boys
- **AWARDS**
 - **Trophies**
 - Combined team champion
 - Girls team champion & runner-up
 - Boys team champion & runner-up
 - **Medals:**
 - Top 3 athletes in individual events
 - Top relay team in each relay event
- **SPECTATOR ADMISSION**
 - \$5.00 on gofan (link will be sent out 1 week prior)
- **CONCESSIONS**
 - Will be available