

**2019 Fountain-Fort Carson Track & Field Invitational**

***“Tradition Never Graduates”***

Dear Athletic Director/Head Track and Field Coach:

We would like to invite you to the **2019 Fountain-Fort Carson High School Varsity Boys’ and Girls’ Track & Field Invitational** meet. This meet will take place at Fountain-Fort Carson High School (Guy. R. Barickman Stadium) on **April 19-20, 2019**. This is a state qualifying meet and results will be posted on Colorado Mile Split.

Fountain-Fort Carson High School athletics stresses the importance of the “team” and we look forward to our meet being a very successful team event. Our hope is that this meet is extremely competitive and will set a standard of excellence for track and field in the state of Colorado.

**FRIDAY START TIME:** 2:00 pm (see events schedule) – Coaches Meeting at 1:30 pm at Trojan Field House

**SATURDAY START TIME:** 10:00 am (see events schedule) – Coaches Meeting at 9:30 am at Trojan Field House

**ENTRY FEE:** $300 for both teams; $175 for one team (see meet contract)

**TEAM TROPHIES**: 1st, 2nd, and 3rd places

**AWARDS:** 1st, 2nd and 3rd place individual medals

**EXCELLENCE AWARDS:** Top male/female track athletes and field athletes of the meet.

**RULES**: CHSAA rules will be observed. Spikes no longer than 3/16’ of an inch.

**TEAMS:** 20 total teams will be invited. Please return the 3rd page of this invite to FFC Athletic Director, Jared Felice at jfelice@ffc8.org

**ENTRIES:** Add event entries through co.milesplit.com. Deadline is Wednesday, April 17, 2019

**RETURN TO**: Jared Felice, District/High School Athletic Director

 Fountain-Fort Carson High School/900 Jimmy Camp Road/Fountain, Colorado 80817

 Phone: 719-382-1649/ Fax: 719-382-3228/ Email: jfelice@ffc8.org

**LOGISTICAL ITEMS AND SERVICES:**

* Athletes must report to the check in area at the first call, prior to the event, at the Trojan Field House.
* No coaches or athletes will be allowed on the infield during the meet unless they are warming up or competing for the next event in the warm up area.
* An athletic trainer will be available for the treatment of injuries.
* Awards will be placed in an envelope for the coach to pick up at the end of the day on Saturday in the press box.
* Tents may only be set up on the top row of bleachers.
* Concessions will be available throughout the meet.



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**\*All events begin with girls first, followed by boys\***

**Friday Coaches meeting at 1:30 pm at the Trojan Field House**

**2:00 100m Hurdle Prelims**

**2:25 110m Hurdle Prelims**

**2:50 100m Dash Prelims**

**3:30 400m Dash Prelims**

**4:15 300m Hurdle Prelims**

**5:00 200m Dash Prelims**

**5:45 3200m Run Fast Sections Final**

**Saturday \*All Events are Finals – Coaches Meeting at 9:30 am at the Trojan Field House**

**10:00 Sprint Medley Relay (girls only 100-100-200-400)**

**10:20 4 X 800m Relay**

**10:55 100m Hurdles**

**11:00 110m Hurdles**

**11:05 100m Dash**

**11:10 4 X 200m Relay**

**11:15 1600m Run**

**Lunch Break**

**1:00 4 X 100m Relay**

**1:30 400m Dash**

**1:40 300m Hurdles**

**1:50 800m Run**

**2:25 200m Dash**

**2:30 320m Run Slow Section Final**

**3:10 4 X 400m Relay**

**3:30 Awards Presentation**

**FIELD EVENTS**

**Friday 2:00 pm Saturday 10:00 am**

**Boys High Jump Girls High Jump**

**Boys Long Jump Boys Triple Jump**

**Girls Long Jump Girls Triple Jump**

**Boys Shot Put Girls Shot Put**

**Girls Discus Boys Discus**

**2019 Fountain-Fort Carson Track & Field Invitational**

**April 19-20, 2019**

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Director: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ Both varsity boys and girls will compete - $300

□ Only boys will compete - $175

□ Only girls will compete - $175

\*Make checks payable to:

Fountain-Fort Carson High School Athletics

900 Jimmy Camp Road

Fountain, CO 80817

***Teams willing to provide a competent adult worker for a field event may subtract $50 from entry fee***