

**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 Boys’ and Girls’ Junior Varsity Track & Field Invitational** meet. This meet will take place at Fountain-Fort Carson High School (Guy. R. Barickman Stadium) on **May 13, 2019**. This is a timed, but ***non-qualifying meet (do not upload any finishes to MaxPreps).***

**FRIDAY START TIME:** 3:30 pm (see events schedule) – Coaches meeting at 3 pm at the field house

**ENTRY FEE:** $150 for both teams; $75 for boys only, $75 for girls only

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

**TIMING/RESULTS:** Jim Chapman (j\_chapma71@yahoo.com)

**PITS/THROWS:**  Jumps (long/triple) and throws will be “open pit.” 4 attempts will be allowed per event.

**TEAMS:** 15 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 by no later than midnight on Sunday, May 12th. Heat sheets will be posted on Mile Split by 7 am on Monday, May 13th.

 4 athletes per event with the exception of the distance races.

**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.
* 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 on a rolling schedule\***

**\*All events are finals\***

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| --- | --- |
| **Track Events**  | **Field Events** |
| **Girls 100 Meter Hurdles** **Boys 110 Meter Hurdles** **Girls 100 Meter Dash** **Boys 100 Meter Dash** **Girls 4 X 200 Meter Relay** **Boys 4 X 200 Meter Relay** **Girls/BOYS 1600 Meter Run** **Girls 4 X 100 Meter Relay** **Boys 4 X 100 Meter Relay** **Girls 400 Meter Dash** **Boys 400 Meter Dash** **Girls 300 Meter Hurdles** **Boys 300 Meter Hurdles** **Girls 800 Meter Run** **Boys 800 Meter Run** **Girls 200 Meter Dash** **Boys 200 Meter Dash** **Girls 4 X 400 Meter Relay** **Boys 4 X 400 Meter Relay**  | **Girls High Jump****Boys High Jump****Girls Long Jump****Boys Long Jump****Girls Triple Jump****Boys Triple Jump****Girls Shot Put****Boys Shot Put****Girls Discus****Boys Discus** |

***\*\*\*NO POLE VAULT, 4x800, 3200***

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**May 13, 2019**

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

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

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

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

□ Both junior varsity boys and girls will compete - $150

□ Only junior varsity boys will compete - $75

□ Only junior varsity girls will compete - $75

\*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***