

FM WILSON INVITATIONAL TRACK & FIELD MEET

Girls Division Friday, April 17, 2020

Participants

GIRLS DIVISION @ NUSENDA COMMUNITY STADIUM

Albuquerque	Del Norte	Manzano
Albuquerque Academy	Highland	Rio Grande
Atrisco Heritage	Hope Christian	Sandia Prep
Bosque	La Cueva	Volcano Vista
Cibola	Los Lunas	West Mesa

Entries

Submit entries through Direct Athletics, www.directathletics.com, by 9:00am the day prior to meet.

Format

Seeding of heats will be slowest to fastest, timed finals.

Lane assignments Curved races: 3-4-5-6-7-8-2-1 Straight races: 4-5-3-6-2-7-1-8

Field events will be 3 trials/finals flighted with time limit; the order will be lowest entry mark to highest entry mark. If no mark is given, the participant will be placed before the lowest entry mark.

Shot Put, Discus and Long Jump will be flighted DCBA with time limit. Javelin and Triple Jump will be flighted ABCD with time limit. Pole Vault and High Jump will be flighted lowest to highest with time limit.

Time Schedule Order of Events

3:30pm	Field Judge/Officials Meeting
3:45pm	Equipment Weigh-In
3:45pm	Scratch Meeting
4:05pm	Coaches Meeting
5:00pm	Running Event Officials Meeting

FIELD EVENTS

4:15pm—6:30pm	Javelin
4:15pm—6:30pm	High Jump
4:15pm—6:30pm	Shot Put
4:15pm—6:30pm	Long Jump
4:15pm—6:45pm	Pole Vault
6:45pm—9:00pm	Discus
6:45pm—9:00pm	Triple Jump

RUNNING EVENTS

5:45pm	3200m Run (Fast Heat)
	400m Relay
	100m Hurdles
	100m Dash
	1600m Run
	800m Relay
	400m Dash
	300m Hurdles
	800m Run
	1600m Medley Relay
	200m Dash
	3200m Run (Slow Heat)
	1600m Relay