

MAC B3 EAST HIGH INVITE

FRIDAY, MAY 4, 2018 @ EAST HIGH SCHOOL

DEADLINE FOR ENTRY AND ENTRY FEES IS TUESDAY MAY 1, 2018

START TIME: 4:00 PM COACHES MEETING: 4:10 PM

TRACK EVENTS BEGIN: 4:30 PM FIELD EVENTS BEGIN: 4:30 PM

15-18 TOTAL TEAMS ACCEPTED.

ALL CO-ED ENTRANTS MUST HAVE 3 MALES AND 3 FEMALES FOR A COMPLETE CO-ED TEAM.

CO-ED EVENTS WILL BE CATEROGIZED AS BEING BEAUTY & BEAST RELAYS.

TEAM SCORING WILL BE DONE ON ALL BEAUTY & THE BEAST RELAYS.

SCORING POINTS FOR THE BEAUTY & BEAST RELAYS -1ST =10 points, 2ND = 8 points, 3RD = 6 points,
4TH =4 points, 5TH =2 points, 6TH =1 point

**TRACK EVENTS: 100M, 200M, 400M, 1500M/1600M, 100/110 HURDLES, 400HURDLES, 4x100M RELAY,
4x100M CO-ED RELAY, 4x400M RELAY, 4x400M CO-ED RELAY,
SPRINT MEDLEY CO-ED RELAY (400M–MALE, 200M-FEMALE, 200M–MALE, 800M-FEMALE)**

**FIELD EVENTS: CO-ED LONG JUMP, CO-ED TRIPLE JUMP, CO-ED HIGH JUMP (STARTING HIGH FOR
FEMALES@ 4'00", MALES@5'00", CO-ED SHOT PUT, CO-ED DISCUS THROW.**

THE LONG JUMP, TRIPLE JUMP, SHOT PUT, AND DISCUS THROW WILL HAVE 3 ATTEMPTS.

AWARDS ARE 1ST – 3RD PLACES WITH MEDALS. FIRST PLACE WINNERS WILL CHOOSE BETWEEN THE
CAP OR THE SHIRT, INCLUDING RELAYS.

ALL NUMBERS WILL BE GIVEN IN THE CLERKING AREA.