

# **THE MOUNTIE INVITATIONAL**

**Woodman Field Montclair, NJ**

**Saturday April 2, 2022**

**Start Time:** Check-In for First Event - **8:30 a.m.**

First Event Begins – **9:00 a.m.**

1. **400IH**
2. **4x800 JV**
3. **4x800 Varsity**
4. **4x100 JV**
5. **4x100 Varsity**
6. **3200**
7. **110 Hurdles**
8. **100m Hurdles**
9. **200m**
10. **Mile Run**
11. **4x400 JV**
12. **4x400 Varsity**

## **FIELD EVENTS**

**Long Jump:** Girls, Boys  
**Triple Jump:** Boys, Girls  
**Shot Put:** Boys, Girls  
**Discus:** Girls, Boys

## **ENTRY PROCEDURE:**

### **Varsity**

- Up to 4 entries per individual event
- A Team only for relays

### **Novice**

- A & B teams for 4x100 and 4x400
- A Team Only for 4 x 800

Field Events - 3 athletes per event

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***The Montclair High School Track & Field team would like to invite you and your team to compete in the Mountie Invitational on Saturday April 2, 2022 at Woodman Field, Montclair, N.J.***

***This meet will feature open events/relays for varsity athletes and 3 relays for Novice athletes. All field events will be individual, not relays.***

***Blanket Entry Fee Available: (Covers both Varsity and Novice Events)***

***\$675.00 for Both Boys and Girls Teams***

***\$350.00 for Boys Only \*OR\* Girls Only Teams***

***Standard Entry Fee: (for those entering a limited number of events)***

***\$20 per Running Relay team and \$10.00 Per person for Individual events***

**Thank You**

**Daryl Washington**

MHS Head Coach

runningmounties@gmail.com

**DIVISIONS: Varsity athletes only, one relay per team - Please only bring athletes that are competing.**

## **ONLINE ENTRY PROCEDURE:**

All entries are done on Milesplit. Coaches can enter up to 8 athletes per running relay. Six athletes per field event, and Eight Athletes in the running events. Only a maximum of four for running, and three for field will actually be allowed to compete in each event from each team.

## **MEET PROCEDURE:**

**Running Relays:** Performance sheets will be available at the meet and you must highlight the four athletes competing in each event before the events are called for by the clerks for final seeding. Teams that do not have their athletes highlighted will be scratched from the event.

**Individual Running Events:** Coaches must highlight the four names (maximum for each running event) of those competing before the events are called for by the clerks for final seeding. Athletes that have not been highlighted will be scratched from the event.

**Field events:** Coaches will receive, according to their entry, up to 6 labels per field event in their packets. Coaches will need to affix the three labels per event on the cards provided for those actually competing in the event. This must be done before the athletes report to their respective field event venues.

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## SPECIAL NOTE:

Finally, coaches will **NOT** be able to make changes to their roster, to their eight relay running event names, or to their six field event relay names after entries close. This means that no name changes, or additions will be made at the meet on Apr 2nd, as well!!

## Mountie Invitational

- Information: 1. Entry Fee: \$20.00 per relay team \$10.00 per individual \*OR\*  
Blanket Entry single Gender \$350 or both Genders for \$675  
2. Checks payable to: **Montclair HS w/ Junior Olympics on memo line**

School \_\_\_\_\_

Coach \_\_\_\_\_

Coach's Cell \_\_\_\_\_ Coach's Email \_\_\_\_\_

1. <u>Boys</u>	<u># of Relay teams</u>	<u># of individuals</u>
J.V.	_____	_____
VARSITY	_____	_____
2. <u>Girls</u>		
J.V.	_____	_____
VARSITY	_____	_____

TOTAL # OF RELAY TEAMS \_\_\_\_\_ X \$20.00 = \_\_\_\_\_

TOTAL # OF INDIVIDUALS \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

OR Blanket Entry (\$350 / \$675) = \_\_\_\_\_

TOTAL ENTRY = \_\_\_\_\_

**Mail Entry to:** Daryl Washington  
MHS Track & Field  
100 Chestnut Street  
Montclair, NJ 07042

**Email:** [runningmounties@gmail.com](mailto:runningmounties@gmail.com)