

Mount Pleasant Invitational – March 24th, 2011

Mount Pleasant High School
700 Walker Road
Mt. Pleasant NC 28124
OFFICIAL INFORMATION

Facility

The Mount Pleasant Invitational is hosted by Mount Pleasant High School in Mount Pleasant, North Carolina. The track is an 8 lane rubberized facility located at the back of the high school campus. The meet director is Michael Johns. His email address is Michael.Johns@cabarrus.k12.nc.us. Daniel Helms of Northwest Cabarrus High School will handle entries. He can be reached at Mark.Helms@cabarrus.k12.nc.us. **WE ARE LIMITING ENTRIES TO THE FIRST 15 TEAMS.**

Meet Format

The meet will be a True Team Invitational format. Every team can enter two athletes in each individual event, and one relay in each relay event. All athletes entered in each event will score points (see Scoring).

The meet will be timed finals in running events. The throwing events and horizontal jump events will have 2 flights with four attempts each.

Parking

Bus and individual parking will be allowed in the school parking lot behind the main entrance of the stadium.

Uniforms and Jewelry

All NFHS Uniform and Jewelry rules will be in effect. The Clerk of Course will check at the check-in tent, but it is ultimately the responsibility of the athletes.

For this meet no spikes longer than ¼” pyramid will be permitted. The shot and discus circles are concrete. No spikes will be allowed on the disc and shot circles. Mount Pleasant will have 6-8 starting blocks, but you are welcome to bring your own.

Meet Workers

Mount Pleasant and Northwest will be providing parents and coaches for many of the jobs in the meet. However, we may need additional help. Please plan on having 1 coach volunteer to work in some capacity. If there is a certain event/job that you would prefer, please let us know when you submit entries. Mount Pleasant will choose the Games Committee and Referees from the coaches that will be attending.

Timing

The meet will be FAT.

Entries

1. Entries should be submitted by email to Daniel Helms (mark.helms@cabarrus.k12.nc.us). An entry form will be sent to you upon confirmation of your team competing. The deadline is 11:59 am, Friday, March 23rd, 2011.
2. Each school is allowed two athletes in each individual event and one relay team in each relay event.
3. Entry rules are in accordance with the NFHS rules. No contestant may enter more than four events.
4. Entries in running events should be marked on the entry form as either hand-held times or FAT timing.
5. An entry fee of \$60 per school per gender will be due by day of the meet. They can be sent to Mount Pleasant at the address above, marked “Attention: Michael Johns”.

Scoring

Each athlete in every individual event and each relay will score points towards the team score. In individual events, the 1st place runner will earn 30 points, the 2nd place runner will earn 29 points, the 3rd place runner will earn 28 points, and so on until the 30th runner who earns 1 point. In relays, the top relay team will earn 30 points, the 2nd place will earn 28 points, and so forth until the 15th team who earns 2 points. The team with the top total score will win.

Confirmed Teams

Mount Pleasant

AL Brown

Cox Mill

Northwest Cabarrus

Metrolina Christian

Hickory Ridge

Awards

The Top Three Places in each event will receive ribbons. The top two men's and the top two women's teams will receive trophies.

Schedule

The meet will follow the following schedule:

9:00 – Coaches Meeting (in Field House)

9:00 – Weigh-ins: Pole Vault, Shot Put, Discus (Outside of Field House)

10:00 – Field Events start (Events in parentheses will follow the conclusion of the first event. Calls will be made.)

Men and Women's Long Jump (Men and Women's Triple Jump)

Women's High Jump (Men's High Jump)

Women's Pole Vault (Men's Pole Vault)

Men's Discus (Women's Discus)

Women's Shot Put (Men's Shot Put)

10:30 – 4x800 Meter Relay

11:00 – Running Events (Women followed by Men) – Will be a rolling schedule

100m/110m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Run

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay