

# The Meet Formerly Known as the 'Monadnock Invitational'

Hello Coaches!

Con-Val High School is thrilled to announce that we have inherited the Monadnock Invitational formerly hosted by Conant High School. The goal for this meet is to serve as a final tune-up for athletes that have already secured a spot in their state championship meet, a last chance qualifier for those close to their state standards, and as a benchmark for new athletes not quite ready to qualify for their respective divisional championship meets.

Each team may enter any number of athletes that have met the entry standards (No standards for relays, 1-entry per team). The entry fee for the meet is \$125 COED, \$75 Single Gender Team, or \$10 per individual athlete or relay team. Please make checks payable to "FCVA – Track". All entries should be entered on Direct Athletics ([www.directathletics.com](http://www.directathletics.com)). Entries close Friday 5/17 at 7:00 PM.

**Please contact Lance Flamino at [lflamino@conval.edu](mailto:lflamino@conval.edu) with any questions!**

## Meet Features

- FAT Timing
- Implement Certification\*
- Athletic Trainer on site
- Team Scoring and Awards
- Awards for Male/Female Best in Track and Best in Field
- Concessions

## Meet Schedule

- 8:45 – 9:15: Scratches Due with Timer
- 9:30: Volunteers Meeting
- 9:45: Coaches Meeting
- 10:00: National Anthem / Meet begins

<u>Order of Running Events (Girls/Boys)</u>	<u>Order of Field Events</u>
4 x 800 M Relay	Long Jump (Boys / Girls)
100 / 110 M Hurdles	Triple Jump* (Girls / Boys)
100 M	<i>*Depending on entries we may run TJ following LJ or concurrently</i>
1600 M	High Jump (Boys / Girls)
4 x 100 M Relay	<ul style="list-style-type: none"> <li>• Boys Opening Height 4'10"</li> <li>• Girls Opening Height 4'0"</li> </ul>
400 M	Pole Vault (Girls / Boys)
300 M Hurdles	<ul style="list-style-type: none"> <li>• Girls Opening Height 6'0"</li> <li>• Boys Opening Height 7'6"</li> </ul>
800 M	Shot Put (Girls / Boys )
200 M	Discus* (Boys / Girls)
3200 M	<i>*Depending on entries we may run Disc following Shot or concurrently</i>
4 x 400 M Relay	Javelin (Girls / Boys)

## NOTES:

- Due to the size of the meet and a desire for athletes to be fresh for multiple events, there will be no finals in any events.
- ¼" Spikes or less.
- **Event Check-In:** Running Events on Infield // Field Events at Event

*\*Anticipated*

# The Meet Formally known as the 'Monadnock Invitational'

## Qualifying Standards 2019

Boys		Girls	
110H	21.50	100H	21.00
300H	52.60	300H	62.70
100m	13.00	100m	15.00
200m	27.30	200m	31.80
400m	1:01.60	400m	1:14.80
800m	2:26.00	800m	3:02.00
1600m	5:30.00	1600m	6:47.00
3200m	12:26.00	3200m	15:18.00
Shot Put	32'9"	Shot Put	23'9"
Discus	90'0"	Discus	67'6"
High Jump	5'0"	High Jump	4'2"
Long Jump	16'0"	Long Jump	12'6"
Triple Jump	32'9"	Triple Jump	26'0"
Javelin	112'6"	Javelin	72'0"
Pole Vault	8'0"	Pole Vault	6'6"

**4 x 100 M Relay:** No Standard, One Entry per School

**4 X 400 M Relay:** No Standard, One Entry per School

**4 X 800 M Relay:** No Standard, One Entry per School

# The Meet Formerly Known as the 'Monadnock Invitational'

***Saturday, May 18<sup>th</sup>, 2019***

Lance Flamino – Meet Director

John Reitnauer – Athletic Director

## Entry Fee Form

*\$125 – COED (Boys & Girls teams)*

*\$75 – Single Gender Team*

*\$10 – Per Individual Athlete / Relay Team Entry*

**COED TEAM:**                    \$ \_\_\_\_\_

**GIRLS TEAM:**                    \$ \_\_\_\_\_

**BOYS TEAM:**                    \$ \_\_\_\_\_

**INDIVIDUALS / RELAYS:** \$ \_\_\_\_\_

**TOTAL:**                    \$ \_\_\_\_\_

**Please Make Checks Payable to: 'FCVA – Track'**

*Payments may be brought to meet or mailed to:*

Con-Val High School

C/O Lance Flamino

184 Hancock Rd, Peterborough, NH 03458