

Exeter Monarch Invitational: A Divisional Showdown

Exeter High School ● 505 Rocky Hill Drive ● Exeter, Ca 93221 ● 559-592-2127

Friday March 22rd, 2019

Large and Small Varsity Divisions will have combined races AND separate awards.

Varsity limit 3 athletes from each school

All Events Plus SPRINT MEDLEY (100-100-200-400m) VARSITY ONLY

F/S Boys: 400 relay/ 100M/ 200M/ 400M/ 800M/ 1600M/LJ (3 Trials) 1 section per division (top 9 times)

Athlete gates open at 1:30 PM... NO SOONER

RUNNING EVENTS (Start Time: 3:00 PM Tentative)

100m ● 200m ● 400m ● 800m ● 1600m ● 3200m ● Both relays ● 100/110 Hurdles ● 300m Hurdles

FIELD EVENTS (Start Time 2:30 PM Tentative with Heats No Finals)

● Long Jump ● Triple Jump ● High Jump ● Shot Put ● Discus ● Pole Vault

AWARDS: ● Events—Medals to Fourth Place ● Team—Championship plaque in each division

● Runner-up plaque in each division ● Boys / Girls Sweepstakes plaque in each division

ENTRY FEES: ● \$8.00 per entry ● \$300.00 Max per team Entries will be finalized by Sunday March 18th posted here and emailed .

Make Checks Payable to: **MONARCH TRACK AND FIELD** (Due on or before Meet Day)

Deadline for Entries Saturday, March 17th submitted online at Athletic.net by Midnight

Tentative Time Schedule Attached

Contact:

Andrew Montes - Athletic Director @ 559-592-2127

Or

If you have any questions, please contact Darin Lasky at school (559)592-2127, at home (559)592-1185, cell phone 559-799-1134 or by e-mail at dlasky@exeterk12.org

INVITE ONLY: Returning Schools receive priority

THIS MEET WILL BE RUN RAIN OR SHINE

TENTATIVE SCHEDULE BELOW FINAL TIME SCHEDULE SENT WITH ENTRIES

Varsity Boys

Varsity Girls

Time:	Event	Time	Event
2:30	Long Jump (West Pit)	2:30	Triple Jump (East Pit)
2:30	Discus	2:30	Shot put
2:30	Shot Put	2:30	Discus
5:30	Pole Vault	2:30	High Jump
5:30	High Jump	2:30	Pole Vault
5:30	Triple Jump (East Pit)***	5:30	Long Jump (West Pit)***

**** FS LJ boys follow the 5:30 events in both pits***
*** 5:30 starts are estimates if we can start earlier we will.***

Track Events:

Time:	Event	Division
3:00	Sprint Medley	Girls
	Sprint Medley	Boys
3:20	3200 Meter Run	Boys
3:45	400 Meter Relay	F/s
	400 Meter Relay	Girls
	400 Meter Relay	Boys
4:10	1600M Run	F/s
	1600 Meter Run	Girls
4:42	100 Meter Hurdles	Girls
	110 Meter Hurdles	Boys
5:12	400 Meter Dash	F/S
	400 Meter Dash	Girls
	400 Meter Dash	Boys
6:00	100 Meter Dash	F/S
	100 Meter Dash	Girls
	100 Meter Dash	Boys
6:50	800 Meter Run	F/S
	800 Meter Run	Girls
	800 Meter Run	Boys
7:30	300 Meter Low Hurdles	Girls
	300 Meter Int. Hurdles	Boys
8:00	200 Meter Dash	F/S
	200 Meter Dash	Girls
	200 Meter Dash	Boys
8:50	1600 Meter Run	Boys
9:05	3200 Meter Run	Girls
9:35	1600 Meter Relay	Girls
	1600 Meter Relay	Boys