

Mountain View Track Invitational  
March 6, 2024

**Schools Attending**

**Capitan, Chaparral, Cloudcroft, Deming, Holloman, Mescalero, Mountain View, Ruidoso, Tularosa**

1. Meet to be held at Alamogordo High School, 103 Cuba Ave, Alamogordo, NM 88310
2. Register athletes no later than **Tuesday, March 5, 2024 by Noon**. Please enter entries on [www.runnercard.com](http://www.runnercard.com)
3. In all running events, at a minimum, please include seed times of your fastest 3 runners to ensure they are in the appropriate heat. If you don't know an athlete's time, it is okay to leave blank.
4. **Scratch Meet: 3:00pm** – High School Concession Stand.
5. Running events have precedence over field events, but we ask that field event participants check in with the judge when a running event conflicts with the field event. **\*\*\*PLEASE REPORT BACK TO FIELD EVENT AS SOON AS POSSIBLE.\*\*\***
6. **Athletes may enter four (4) events, but no more than three (3) may be running or field events.**
7. All long jump and triple jump participants will be allowed three (3) jumps.
8. All high jump participants will be allowed three (3) jumps at each height attempt.
9. All shot and discus participants will be allowed three (3) throws.

STARTING HEIGHTS ARE AS FOLLOWS:

High Jump – Girls  
3'10" 2" thereafter

High Jump – Boys  
4'4" 2" thereafter

10. Scoring  
Individual 7-5-4-3-2-1  
Relays 10-8-6-4-2-1
11. No spikes longer than  $\frac{1}{4}$ " will be permitted. Athletes will be disqualified from further participation in the meet for wearing longer spikes or abusing the track or runways in any way. ***Takeoff marks for relays should be marked with tennis balls and not scratched into the track.***
12. To avoid congestion on the infield, the following rules have been established:
  - (a) Participants will enter the infield **only** after the first call for his/her event.
  - (b) Coaches will be allowed on the field.
  - (c) Each team will be allowed only two (2) managers on the field.
  - (d) Athletes should remain in the stands unless they are preparing for an event. **NO CAMPS ON THE FIELD.**
13. **No** athlete will be permitted in the bleachers with spikes on.
14. Ribbons will be sorted at the press box. Coaches please pick up your ribbons before you leave. Team scores will be made available as soon as possible. All results will be posted on Runnercard.

**Please register your athletes on [www.runnercard.com](http://www.runnercard.com)**

**Deadline --- March 5, 2024 at noon.**

**Mountain View Track Invitational Schedule**  
**Track Meet Schedule**  
**March 6, 2024**

**Scratch Meet:** 3:00

**Running Events:** 1<sup>st</sup> Call 4:00

4:15  
1600 Meter Run (Girls)  
1600 Meter Run (Boys)  
400 Meter Relay (Girls & Boys)  
100 Meter Hurdles (Girls)  
110 Meter Hurdles (Boys)  
100 Meter Dash (Girls & Boys)  
800 Meter Run (Girls & Boys)  
800 Meter Relay (Girls & Boys)  
400 Meter Dash (Girls & Boys)  
300 Meter Hurdles (Girls & Boys)  
1600 Meter Medley Relay (Girls & Boys)  
200 Meter Dash (Girls & Boys)  
1600 Meter Relay (Girls & Boys)  
400m Weight Men/Women Relay (NO POINTS)

**Field Events:**

High Jump: 4:00 (Girls)  
4:30 (Boys) or immediately following Girls High Jump

Shot Put: 4:30 (Boys)  
5:30 (Girls) or immediately following Boys Shot Put and Girls Discus

Discus: 4:30 (Girls)  
5:30 (Boys) or immediately following Girls Discus and Boys Shot Put

Long Jump: 4:00 (Boys)  
4:30 (Girls) or immediately following Girls Triple Jump

Triple Jump: 4:00 (Girls)  
4:30 (Boys) or immediately following Boys Long Jump