East Montana Track & Field Meet 2019
@ EMMS

Saturday, February 2, 2019

Entries done through Runnercard.com.
Please submit times/distances/heights so the meet can be seeded correctly.
Runnercard will close: Friday, February 1, 2019 at 8:00 a.m.

800 M. Relay: All runners will stay in their lanes
Shot Put: Girls & Boys: 4k (8.81 lbs.)- <u>will pool all shots and athletes will be able use any of them.</u>
Discus: Girls & Boys: 1k (2.20 lbs<u>.)-will pool all discus and athletes will be able use any of them.</u>
Hurdles: Hurdle heights are listed below next to each of the events.
High jump starting heights for the first meet: 7G-3'6"; 8G- 3'8"; 7B-3'8"; 8B-4'0"

8:45	**Girls 300 Hurdles (30")**		
9:00	Boys Running Events	(7th, 8th)	Girls Field Events
	300 Hurdles (30")		(3 attempts only)
	2400 Meter Run		7th Girls Shot Put followed by 8th
	400 Relay		8th Girls Discus followed by 7th
	800 Meters		7th Girls Long Jump followed by 8th
	100 Meters		8th Girls Triple Jump followed by 7th
	800 Relay		7th Girls High Jump followed by 8th
	400 Meters		
	200 Meters		
	1600 Meters		
	1600 Relay		
	110 Hurdles (36")		
	Girls Running Events	(7th, 8th)	Boys Field Events
	100 Hurdles (30")		(3 attempts only)
	2400 Meters		7th Boys Shot Put followed by 8th
	400 Relay		8th Boys Discuss followed by 7th
	800 Meters		7th Boys Long Jump followed by 8th
	100 Meters		8th Boys Triple Jump followed by 7th
	800 Relay		7th Boys High Jump followed by 8th
	400 Meters		
	200 Meters		
	1600 Meters		
	1600 Relay		

Event Limitations:
   A. **No contestant shall be allowed to compete in more than 3 running events, including relays, or in more than 5 total events.**
   B. **No contestant shall be allowed to enter more than 2 of the following events: 400-meter dash, 800-meter dash, 1600 meter run or 2400 meter run. This does not prevent a 400, 800 1600 or 2400-meter contestant from running on the relays provided he/she is entered in no more than 3 total running events.**
   C. **Contestants may enter a maximum of 5 field events provided they are not entered in any running events.**