



## 2019 Wings Invitational Meet

- Date/Time: Sunday May 19, 2019 / 12:30 PM START (on the track) / 12:15 Coach's Meeting
- Location: Francis Scott Key High School, 3825 Bark Hill Road, Union Bridge, MD 21791
- Registration: Starts at 11:00 a.m. – Closes at 12:30PM. Late check-in on field by timing after 12:30PM
- Entry Fee: \$6.00 per athlete
- Age Groups: 6 & under; 7/8; 9/10; 11/12; 13/14; 15/18 (Age determined as of 12/31/19)
- Awards: Ribbons 1<sup>st</sup> through 6<sup>th</sup> will be brought to the Eldersburg meet. If your team will not be there, please let us know and we will mail them.
- Concessions: Will be sold
- Results: <https://live.athletic.net/>

### **Maximum # of Events:**

Relays will not count toward event totals!!!

TWO (2) for 6 & Under

THREE (3) for 7/8, 9/10, 11/12

FOUR (4) for 13/14, 15/18

### **Order of Events**

#### **Running Events:**

- |                       |  |
|-----------------------|--|
| 1. Race Walk (1500 M) | 9/10, 11/12, 13/14, 15/18 (Will be competed in one heat) |
| 2. 200 M Hurdles      | 13/14  |
| 3. 3000 M Run:        | 11/12, 13/14, 15/18                                      |
| 4. Hurdles (80, 100): | 11/12, 13/14, 15/18                                      |
| 5. 800 M Run:         | 7/8, 9/10, 11/12, 13/14, 15/18                           |
| 6. 100 M Dash         | 6 & Under*, 7/8, 9/10, 11/12, 13/14, 15/18               |
| 7. 50 M Run:          | 6 & Under*   |
| 8. 400 M Run***:      | 7/8, 9/10, 11/12, 13/14, 15/18                           |
| 9. 1500 M Run:        | 7/8, 9/10, 11/12, 13/14, 15/18                           |
| 10. 200 M Run:        | 7/8, 9/10, 11/12, 13/14, 15/18                           |
| 11. 4x100 Relay:      | 7/8, 9/10, 11/12, 13/14, 15/18                           |

\*6 & Under may choose to participate in either the 100 M Dash or the 50 M Dash.

\*\*\*7/8 and 9/10 will star in waterfall and 11/12, 13/14, 15/18 will compete in lanes.

#### **Field Events:**

- |                                |   |
|--------------------------------|---|
| 1. Shot Put (3 throws):        | 13/14, 15/18, 7/8, 9/10, 11/12  |
| 2. Long Jump (2 jumps):        | 6 & under, 7/8, 9/10, 11/12, 13/14, 15/18   |
| 3. High Jump: (minimum height) | 9/10 (2'8" start), 11/12 (3'0" start), 13/14 (3'6" start),<br>15/18 (4'0" start)                          |
| 4. Discus (3 throws):          | 11/12, 13/14, 15/18   |
| 5. Turbo Jav (3 throws):       | 7/8 (300g), 9/10 (400g),<br>11/12 (choose <u>either</u> 400g Turbo Jav <u>or</u> 450g AeroJav/Finn Flier) |
| 6. Javelin**(3 throws):        | 13/14 & 15/18 (High School Students welcome)  |

\*\* Javelin will be contested once discus is completed. Only athletes throwing the javelin, coaches, and judges will be permitted down the hill to where we throw. All spectators will be required to stay up on the hill.

Please send an email in advance (at least by May 12<sup>th</sup> to confirm your team's intent to attend) to [joshporter1002@gmail.com](mailto:joshporter1002@gmail.com). Thank you in advance!