

# Meet Information

## Registration help:

[fl.milesplit.com/pages/Online\\_Meet\\_Reg\\_Instructions](http://fl.milesplit.com/pages/Online_Meet_Reg_Instructions)

THANK YOU for your interest in the IMG ACADEMY INVITATIONAL. We are currently FULL but we will be hosting another meet on April 9th Pre-State Come Join Us Then!

High School - \$100/gender thro Drugh January 9, free 2015 \$125 per team per gender January 10 - March 16

Entry fees must be paid prior to packet pick-up, or mailed to IMG ACADEMY 7 days before the meet.

High School will use FLRunners.com

## ELIGIBILITY

High School: Must be a current member of your state High School Athletic Assn. ([www.nfhs.org/stateoff.aspx](http://www.nfhs.org/stateoff.aspx)) as well as under the rules of the National Federation of State High School Assn. (NFHS), and be able to compete according to your state's rules and regulations. Only grades 9 through 12 are eligible to participate according to NFHS sanctioning guidelines. Teams are responsible for verifying their team's eligibility prior to registering or making travel arrangements. Teams only, no individual athletes.

3 Entries per Individual Event

1 Relay Team

Track Conditions: Synthetic rubber surface on track (42" lanes), 3/8 and - 1/4 inch spikes allowed on track and jumping surfaces. Track marking can be done with half tennis balls, tape or chalk. Cement throwing circles.

Starting Blocks: Starting blocks will be provided.

Long Jump -Each contestant will get 3 attempts.

Triple Jump -Each contestant will get 3 attempts.

Discus - Girls followed by Boys. Each contestant will get 3 attempts.

Shot Put - Boys followed by Girls. Each contestant will get 3 attempts.

Pole Vault - Girls followed by Boys. Starting height will be determined at Coaches meeting. The bar will be raised in increments of 6".

High Jump - Boys followed by Girls. The 5-alive procedure will be used.

Starting height will be determined at coaches meeting. The bar will be raised in increments of 2".

## Schedule of Events:

8:30 AM Coach's / Scratch Meeting

9:30 AM Field Events & 4 X 800M Relay Start

Girls/Boys Long Jump, Triple Jump to follow

Boys Discus, Girls to follow

Girls Shot, Boys Shot

Girls Pole Vault, Boys to follow

Boys High Jump, Girls to follow

4 X 800M Relay 9:30 AM

Emerging Athletes 1600M

Emerging Athletes 3200M

12:00PM

100m Hurdles - G

110m Hurdles - B

100m Dash - G

100m Dash - B  
1600m Run - G  
1600m Run - B  
4x100m Relay - G  
4x100m Relay - B  
400m Dash - G  
400m Dash - B  
300m Hurdles - G  
300m Hurdles - B  
800m Run - G  
800m Run - B  
200m Dash - G  
200m Dash - B  
3200m Run - G  
3200m Run - B  
4x400m Relay - G  
4x400m Relay - B

Contact LaMont E. Thomas Program Manager with Questions 941-749-8682