



2024 Miller Grove JH Relays



Monday, February 26th - Miller Grove HS

Coaches,

We would like to invite you to the 2024 Miller Grove JH Relays on Monday February 26th at Miller Grove High School.

Entry fees per division entered are:

_____ 7th GIRLS DIVISION - \$200

_____ 7th BOYS DIVISION - \$200

_____ 8th GIRLS DIVISION - \$200

_____ 8th BOYS DIVISION - \$200

Entries: Entries need to be in on tx.milesplit by **noon on February 22nd**

<https://tx.milesplit.com/meets/584307-miller-grove-jh-invitational-2024> Heats will be randomly seeded.

Address: 7819 FM 275 South, Cumby, Texas 75433

Rules: All running events will be FINALS ONLY. Field events will get 3 attempts - NO FINALS.

Awards: Medals will be awarded to places 1-3. Plaques will be awarded to the winning teams in each division. Scoring system: 10-8-6-4-2-1 (Double Relays)

Meals: We will offer a meal plan set up with the Concessions. The price for meals will be \$7.00.

Please email the number of meal tickets that you will need to Coach Horton - chorton@mgisd.net by

THURSDAY, February 22nd. This is courtesy for the advance preparation. Please bring the check with you to the meet.

- The **MEAL CHECK** will need to be made out to *Miller Grove ISD*
- The **ENTRY FEE CHECK** will need to be made out to *Miller Grove Athletics*

If you have any questions, please feel free to contact head track coach Colton Reynolds.

Email: creynolds@mgisd.net

Cell: 903-491-1215

Miller Grove JH RELAYS

Spectators: Spectators should remain in the stadium bleachers or outside the fence during all running events.

Camps: No camps allowed on the infield. Please clean your camp area when the track meet is finished. We encourage everyone to set up on the North side of the track opposite of the bleachers for the best view of the track but the area West of the bleachers will be available as well.

Warm-up: The majority of the infield will be used as the warm-up area. If your athletes want to hang out on the infield please encourage them to stay closer to the shotput and discus rings. Main camps need to be set up outside of the fence.



2024 Miller Grove JH Relays - Order of Events

1:15 pm - Scratch Meeting will be on the stage in the multipurpose. Multipurpose is located through the door past the concession stand. We will also feed the coaches dinner in this room around 5:00.

2:00 pm - Field Events - NO tape markers allowed. Tennis balls or any Non-Adhesive material ONLY

High Jump 8B, 7B, 8G, 7G **Opening Height:** 7G- 4'0 8G- 4'0 7B- 4'0 8B- 4'6"

Triple Jump 1 7B, 8B **Toe Board:** 16' 24' 32' East Pit

Triple Jump 2 7G, 8G **Toe Board:** 16' 24' 32' East Pit

Long Jump 1 8B, 7B West Pit

Long Jump 2 8G, 7G West Pit

Pole Vault 7B, 8B, 7G, 8G **Opening Height:** 7G- 5'0 8G- 5'0 7B- 5'0 8B- 6'0

Discus 1 8G, 8B, 7B, 7G

Shot 1 7B, 8B

Shot 2 7G, 8G

3:00 pm - 3200M Run 7G, 8G, 7B, 8B Waterfall/Staggered if needed

4:30 pm - Running Events (Immediately following Field Events)

400 M Relay 7G, 8G, 7B, 8B Gold Line Gold to Gold

800 M Run 7G, 8G, 7B, 8B

100 M Hurdles 7G, 8G

110 M Hurdles 7B, 8B

100 M Dash 7G, 8G, 7B, 8B

800 M Relay 7G, 8G, 7B, 8B Red Line Red to Red

400 M Dash 7G, 8G, 7B, 8B

300 M Hurdles 7G, 8G, 7B, 8B

200 M Dash 7G, 8G, 7B, 8B

1600 M Run 7G, 8G, 7B, 8B

1600 M Relay 7G, 8G, 7B, 8B Blue Line Blue to Blue

STARTING HEIGHTS WILL BE UP FOR DISCUSSION AT THE SCRATCH MEETING