

COMSTOCK PARK INVITATIONAL

SATURDAY, APRIL 17TH 2010

The bus will leave at 7:45AM! The bus will pick us up outside Jimmy Gerken Plaza. Be sure you're there on time because the bus WILL leave without you.

Field Events begin at 9:00am *Girls High Jump, Pole Vault, and Shot Put first*

Long Jump: Open Pit from 11:00am to 12:30pm (4 jumps)

High Jump: Starting height 4'2"

Pole Vault: Starting height 6'0"

Shot Put / Discus: Four trials / No finals

SCORING / ADVANCEMENT

Plaque to 1st and 2nd place teams

Varsity – Medals 1st thru 3rd, Ribbons 4th and 5th

JV Relays – Ribbons 1st thru 5th

MITCA TEAM SCORING: Everyone scores!!!!

Individual Scoring: 24 points – 1st place, 23 points – 2nd place, etc....

Relay Scoring: 48 points – 1st place, 42 points – 2nd place, etc....

Teams in our division: Comstock Park, GR Catholic Central, Jenison, Northview, Rockford "B", West Catholic, Rogers

Things to bring: All equipment for events (tape measure, poles, shots/discus, etc.), uniform, warm-ups, money for food (optional). There will be a concession stand and t-shirts for sale if you're interested. Make sure you have enough clothes for the different temperatures especially early in the morning. The weather should be a little chilly early in the day but very good for competing (55 degrees). You should pack a lunch and bring some healthy snacks or beverages to get you through the meet.

Pack your bag tonight so you won't need to in the morning. Runners are expected to travel on the team bus there and back.

Arrival Home: 4:00pm?? Spectators: \$4.00 for everyone, 5th grade and under free

Schedule of Events – Boys Running Events first in 2010

All field events - 9:00am

JV 4x400 – 9:30am

JV 4x100

JV 4x800

Varsity 4x800 Relay – Combined boys and girls

JV 4x200 Relay

Finals begin 15 minutes after the JV 4x200 Relay

100 Hurdles

100 Dash

4x200 Relay

1600 Run

4x100 Relay

400 Dash

300 Hurdles

800 Run

200 Dash

3200 Run

4x400 Relay