

FIGHTING SCOT INVITATIONAL
Hosted by MONMOUTH COLLEGE
SATURDAY May 4th 2019
This meet is by invite only.

Roger Haynes Monmouth (309)457-2177 Fax: 309-457-2168 rogerh@monm.edu

FACILITY- 400m Rekortan surface, 8 42"
Results will be produced using Hy-Tek and a Finish-Lynx timing system.
There will be a scoreboard displaying results as they are completed.
Results will also be posted on the press box.

MEET- Unlimited individual and relay entries. Minimum measure lines or 4 competitor
Limits will be used in the throwing events if necessary. No Awards.

ENTRIES- **Entries are due by 7:00pm Thursday May 2nd, 2019.**
The link for online entries is:
Entries will be made at <http://www.directathletics>
Please select the Fighting Scot Invitational tab.
Only performances appearing on the current TFRRS website may be used for
seeding in track races.

ENTRY FEE- \$200 each men and women. \$400.00 per school.

SCRATCHES- Scratches for running events should be made by coaches with the timing system
company in the press box by 12 noon.

MEET CONDUCT- 1. NCAA rules will be followed. NCAA qualifying marks in field events will
be recorded in the method they were measured (metric).
2. Places will be determined on a timed basis if more than one heat.
3. Please submit accurate seed performances for athletes.
4. 3 attempts will be allowed in all field events with 9 qualifying for the final.
5. Starting heights and vertical jump progressions will be set using TFRRS and
Current NCAA DIHI lists.

WEIGH-IN: Implements will be weighted on site in the storage area on the visitors side of the
football stadium. **Weigh in must be competed for all events from 9:00am -
10:00am** Any implement not weighing will be impounded until the event is over.

TIME SCHEDULE: We will run a rolling time schedule for this meet. Please have all runners report to
the clerking area at least 15 minutes prior to each running event. All field athletes should report directly to
the head official 15 minutes prior.

MEET RESULTS- Meet results will be posted throughout the meet. Results will also be posted on the
Monmouth College website. www.monm.edu. Printed results will be available to coaches upon completion
of the meet.

SPIKES- 1/4" or less PYRAMID spikes only will be allowed. NO CHRISTMAS TREE OR PIN SPIKES. Spikes will be checked in the clerking area.

ATHLETE CHECK-IN- running event athletes will check in 15 minutes prior to their event with the clerk at the front of the press box. Field event athletes will check in with the head official at their event site.

HIP #'s- will be issued for athlete identification in all races. These will be distributed in the clerking area 15 minutes prior to each race. Left hip #'s will be used in all lane races, left chest for non-lane races.

TRAINING ROOM- a certified trainer will be on site. Please contact Bob Foster- Head ATC Monmouth College if any modalities will be required prior to the meet. (309-457-2180)

LOCKER ROOMS/SHOWERS- Locker rooms will be available for teams during/after the meet.

TEAM CAMPS- ALL team camps will be in the stands or on the grass behind the April Zorn facility. Please DO NOT make team camps on the infield of the track.

PACKET PICKUP- Packets will be available from the Adkins Track Timing in the pressbox before the Meet.

FIGHTING SCOT INVITE
Saturday May 4th, 2019
Zorn Stadium/Monmouth College

10:00am	Coaches meeting and packet pickup in the press box
10:15	National Anthem
10:30am	Hammer Throw-Men then women
	Discus- Women then Men (on football field)
	Long Jump-Men & Women (2 pits, will combine if fields are small)
tba	Triple Jump- Women & Men (15' warmup after LJ-2pits unless small field)
11:45am	High Jump-Women then Men
11:45am	Pole Vault-Women then Men
	Competition will begin after finals in the Hammer and Shot are complete
tba	Javelin-Men then Women- from surface runway
tba	Shot Put- Women then men

(Women then Men in all running events, We will run a rolling time schedule)

11:50	Monmouth Senior Day Recognition
12:00pm	5000m Women
	5000m Men
	4x100 relay
	1500m
	400m
	100m Hurdle
	110m Hurdles
	100m
	800m
	400IH
	200m
	3000 SC
	4x400 relay