



MCHS TRACK & FIELD 2024 MEET ITENERARY (02272024)

Big Cat Invite
Saturday, Feb **March 3, 2024**

Santa Rosa High School
1235 Mendocino Ave, Santa Rosa, CA 95401



ATHLETICS.NET EVENT WEBSITE: <https://www.athletic.net/TrackAndField/meet/524703/info>

RESULTS (Aaron Ford Timing): <https://www.fordtiming.us/results>

2024 BIG CAT ORDER OF EVENTS

IMPORTANT FOR ATHLETES/PARENTS!

TRACK EVENTS BEGIN AT 9:00 AM

4 x 100M RELAY JVG, JVB, VG, VB

1600M JVG, JVB, VG, VB

110M HURDLES VB 39", JVB 36"

100M HURDLES JVG 33", VG 33"

400M JVG, JVB, VG, VB

100M JVG, JVB, VG, VB

800M JVG, JVB, VG, VB

300M HURDLES JVG, VG 30"

300M HURDLES JVB, VB 36"

200M JVG, JVB, VG, VB

3200M JVG, JVB, VG, VB
(Races may be combined)

4 x 400M RELAY JVG, JVB, VG, VB

FIELD EVENTS BEGIN AT 9:00 AM

VG SHOT PUT (3 attempts RING 2)
JVG SHOT PUT (3 attempts RING 3)

VB DISCUS (3 attempts RING 4)
JVB DISCUS (3 attempts RING 1)

BOYS HIGH JUMP (Continuous)
JVB (start at 4'6")
VB (start at 5'0")

POLE VAULT (Continuous)
JVG/VG (start at 6'0")
JVB (start at 7'6")
VB (start at 9'0")

LONG JUMP (3 attempts/Open Pit)
Girls run throughs 8:30 am - 9:00 am
Girls 9:00 am - 11:30 am
Boys run throughs 11:30 am - 12:00 pm
Boys 12:00 pm - 2:30 pm

The following events will begin after the conclusion of the above events:

VB SHOT PUT (3 attempts RING 2)
JVB SHOT PUT (3 attempts RING 3)

VG DISCUS (3 attempts RING 4)
JVG DISCUS (3 attempts RING 1)

GIRLS HIGH JUMP (Continuous)
JVG (start at 3'6")
VG (start at 4'0")

TRIPLE JUMP (3 attempts/Open Pit; after LJ/2:00 pm)

• **ARRIVAL:** All Athletes need to be at SRHS at least 1 hour before the start of their event!

• **PARKING!** Space will be limited! Plan on ~10 minutes to secure parking at SRHS (encouraging use of student parking lot – access off of Ridgway Ave.) or you can park and pay at SRJC.

• **SPECTATOR TICKETS!** SRHS will be using "Go Fan" for Spectator Tickets; cash is accepted at Main Gate, not Back Gate by Snack Bar. -Full Snack Bar available all day!

• **COMPETITOR #S!** ...For all Athletes! Please find our MCHS team tent when you arrive, get your unique competitor # posted in our team canopy (sharpie # on top of your left hand).

• **ORDER OF EVENTS!** ...Please follow the published "2024 BIG CAT ORDER OF EVENTS", there is no time-schedule for this meet. EVERYONE needs to pay attention to how many races/how many heats are ahead of the start of your race!

• **SEEDING FOR YOUR EVENT!** This meet will SEED (SLOW > FAST) IN THE BULLPEN!

For each race, MC needs to assign 1 athlete per division (JVG/JVB/VG/VB) for each event, reporting the total # of athletes in each race. *Ex: MCHS has 1 JVG report that 8 JVG will be in the 1600m.* This is IMPORTANT to ensure the Clerk in the Bullpen has an accurate # of heats/keep the meet moving along!

Any questions, contact MCHS Head Track & Field Coach, Greg Fogg (707) 291-2967

...Keep checking on our Team Website for updates www.mariacarrillorun.com GO PUMAS!!!