

MCHS TRACK & FIELD 2024 MEET ITENERARY (March 7, 2024)



Morisoli/White Invite

Saturday, March 9th

Granada High School

400 Wall St, Livermore, CA 94550

MILESPLIT.COM EVENT WEBSITE [LINK](#)

<https://ca.milesplit.com/meets/582792-morisoliwhite-invitational-2024>

HEAT SHEETS AND LIVE RESULTS [LINK](#) (Diablo Timing)

<https://diablotiming.com/results/386/>



APPROXIMATE START TIME IS 9 AM AND END TIME IS ~2 PM

ORDER OF TRACK EVENTS

4X100m Relay
1600m
100m H/110m H
400m
100m
800m
300m H
200m
4x800m 3200m
4x400m

ORDER OF FIELD EVENTS

SHOT PUT: FS, VB, VG
DISCUS: VG, VB
LONG JUMP: VG, VB
HIGH JUMP: VB, VG
POLE VAULT: VG, VB
➤ TRIPLE JUMP: TBD

ADDITIONAL INFO FOR ATHLETES/PARENTS!

ARRIVAL: All Athletes need to be at GHS at least 1 hour before the start of their event! (Note: Everyone is responsible for their own transportation; there will be no Team Bus/provided transportation. ...However, Distance Runners should have a few extra seats with the Trenam Train available Coach John, Chad and Greg driving as well. -IF you need a ride, please reach out to a Coach!

CHECK THE HEAT SHEETS! This meet will SEED (SLOW > FAST) with Heat Sheets published here [LINK](#)

PARKING: Free parking at Granada High School as well as on the street.

GENERAL ADMISSION: \$5 ...There will be a Snack Bar open.

WARM-UP AREA: Warm-ups may be done on the baseball field and on the track infield

ORDER OF EVENTS! Follow the published "ORDER OF EVENTS" above, there is no time-schedule for this meet. EVERYONE PAY ATTENTION to how many races/how many heats are ahead of the start of your race!

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!!!