

Crimson Invitational 2019



April 30th, 2019

2019 Boys and Girls Teams:

Armstrong, Maple Grove, Park Center,
Cambridge-Isanti, Minneapolis SW, Minneapolis
Washburn, Minnetonka and Rocori

Entrant Limits: Each school may enter up to **4 (four)** athletes per individual event and **2 relay** teams for the four relays.

Entry Fee: The entry fee for this meet is \$200 per school; this includes boys and girls teams. Please arrange to have payment sent to Maple Grove Athletic Department ASAP.

Entry Process: The automatic timing for this year's *Crimson Invite* will be handled by Wayzata Results. Entries will be made using athletic.net. **Entries are due by Sunday 4/28 at 8:00PM. You should have already received an invitation to register your athletes.** Scratches and adds can be made prior to the meet, but this will be a direct replacement. Upon arriving at the stadium, please report to the garage area to check in and make necessary athlete scratches and replacements.

Email contact for Wayzata Results tfentries@wayzataresults.com

Meet will start at **3:45 PM**.

Other Information:

1. Order of events are attached
2. Athletes should report to the clerking area at the north end of the stadium (flag pole end) 5 minutes prior to their events. Running events have priority over field events when an athlete is in multiple events.
3. Boy's high Jump starting height is 5' 0 and pole vault 9' 0. Girl's high jump will start at 4' 0 and the pole vault 6'0. Three attempts per height. In the long jump and triple jump each contestant will be allowed 4 jumps with no finals.
4. The shot and disc will allow each contestant to take 3 throws and then the 8 finalist will have 3 final throws.
5. Scoring of the meet will be 8-6-4-2-1 in individual events. Relays will be 8-6-4-2. (Only Relay A will count)
6. No Frisbees, footballs, radios, should be in the warm up or competitive areas.
7. Only athletes competing are allowed in the infield.
8. Team camps are to be set up outside the fence at the track. NO food or drinks on the turf and absolutely NO Seeds.
9. Awards will be for the first 3 places in open events and relays.
10. P.A. announcements will be given for all running events including a first, second and final call.
11. The **Maple Grove Track Booster Club** will be hosting a concession stand with a wide variety of food and beverages.

Order of Events

Field events

Boys/Girls Long and Triple Jump
Girls High jump (boys to follow)
Boys Shot put (girls to follow)
Girls Discus (boys to follow)
Boys Pole Vault (girls to follow)

Running Events

4x800m Relay Girls
4x800m Relay Boys
100m High Hurdles
110m High Hurdles
100m Dash Girls
100m Dash Boys
4x200m Relay Girls
4x200m Relay Boys
1600m Girls
1600m Boys
4x100m Relay Girls
4x100m Relay Boys
400m Dash Girls
400m Dash Boys
300m Hurdles Girls
300m Hurdles Boys
800m Run Girls
800m Run Boys
200m Dash Girls
200m Dash Boys
3200m Run Girls
3200m Run Boys
4x400m Relay Girls
4x400m Relay Boys