and Modesto Christian High School

presents

the 9th annual

MJC Invitational

Saturday, April 4th, 2015

at

Modesto Junior College
2015 MJC Track and Field Invitational

Modesto Junior College Stadium

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Schedule of Events (all finals)

Field Events
9:00am JU Boys Pole Vault; Varsity Boys Triple Jump; Girls High Jump; JV Boys Long Jump; Varsity Boys Shot; Girls Discus
11:00pm Girls Pole Vault; JV Boys Triple Jump; Girls Long Jump; Varsity Boys High Jump; Girls Shot; JV Boys Discus
1:00pm Girls Triple Jump; Varsity Boys Long Jump; JV Boys High Jump; JV Boys Shot; Varsity Boys Discus; Varsity Boys Pole Vault

Running Events (9:00am start)
Varisty Boys 110m Hurdles
JV Boys 110m Hurdles
Girls 100m Hurdles
JV Boys 1600m
Girls 1600m
JV Boys 400m Relay
Girls 400m Relay
Varsity Boys 400m Relay
Varsity Boys 1600m
JV Boys 400m
Girls 400m
Varsity Boys 400m
JV Boys 100m
Girls 100m
Varsity Boys 100m
JV Boys 3200m
JV Boys 800m
Girls 800m
Varsity Boys 800m
JV Boys 300m Hurdles
Girls 300m Hurdles
Varsity Boys 300m Hurdles
JV Boys 200m
Girls 200m
Varsity Boys 200m
Girls 3200m
Varsity Boys 3200m
JV Boys 1600m Relay
Girls 1600m Relay
Varsity Boys 1600m Relay
Meet information

Facility: Modesto Junior College Stadium: nine 42” lanes around a 400m oval. Atlas Poly 4000 track surface on track, runways, high jump apron, and steeplechase approach/return; ¼” spikes only; concrete hammer, discus and shot rings.

Parking: Bus and van parking will be available at the lot at the corner of Stoddard and Tully (behind the scoreboard at the track) and across from the stadium on Tully Rd.

Entries fees: Entry fee is $125 per gender, per team. That’s $250.00 for combined boy’s and girl’s teams. Entry fees or proof of payment are due on or before the meet. Make checks payable to: “Modesto Christian High School.” You may bring your check to the meet or mail to:

Mary Shea, Women’s Track & Field
Modesto Junior College
435 College Ave.
Modesto, CA 95350

Team entry instructions: Any athlete in the meet must be registered with athletic.net. Each school is allowed three athletes per event and one relay. Enter on www.athletic.net, by 11:59pm, Wednesday, April 1st. Only 3 entries per school, per event; and one relay for boys’ varsity and JV divisions. Girls’ are allowed FOUR entries per school and one relay (no JV)!!

Events: A full schedule of events with three divisions: Boys, Girls, JV Boys

Awards: Medals will be given to the top three in each event. The top three teams in each division will receive an award as well as the top boy’s and girls’ team, combined. We will also give an MVP award for an outstanding varsity boy and girl athlete, and boy’s JV athlete. Individual award winners can pick up their awards at the awards table outside the gate near the finishline. The team awards will be announced and distributed as soon as possible following the 1600m relays.


Admission: Adults: $5.00, students: $2.00.

Meet-day information: Check-in at table by the southwest gate only for scratches and possible changes to the schedule. Each team will receive two heat/flight packets and any updated meet information including schedules. You must show proof of payment to compete in the meet. The running events will follow a rolling schedule. Field events start at 9:00am and running events at 9:00am. NO MEET DAY ENTRIES.

Rules: This meet will be governed by California High School rules.

Restrooms and Changing Facilities: There are restrooms located under west and east bleachers. Lockerooms will not be available.

Athletic Trainer: We will have athletic trainers on duty during the meet for any ice or emergency care that your athletes may require, and will be set-up at the edge of the disc/hammer field. Please supply your own tape for any routine taping treatments. For any concerns, please contact Bobby Boswell directly at (209) 575-6052.
**Warm-up areas:**
*Running events:* Warm-ups for all running events must take place on the grass field north of the track or around the stadium. The clerk-of-the-course will be located at the north gate by the start of the 100m.
*Field events:* Field events competitors may warm-up at the event site 30 minutes prior to the start of the event.
***No headphones or cell phones on the infield***

**Check-in times:** Check-in for all events is 30 minutes prior to the scheduled time. After check-in there will be one final call to report to your events. *Running events:* report to the bullpen area north of the 100/110m starts where the clerk-of-the-course will be located for lane assignments and to distribute hip/chest numbers. *Field events:* report to the head official at your site. If you are in events running at the same time, you may enter back into the rotation to complete your attempts, but you cannot make an attempt after the event has ended.

**Starting Heights:** Determined meet day at the field event site. Each field event participant will have four attempts per event. Long and triple jumps will be “open pit” for the designated time period. There will be no more attempts after an event is closed!

**Seeding:** Heats will run from fastest to slowest; field events from lowest to highest marks.

**Scoring:** 10-8-6-4-2-1

**Concessions:** A concession stand will be available with food and drinks.

**Team tents:** Place team tents in the East bleachers or on the top row of the West stands only.

**Results:** During the meet, results will be posted on the results board for viewing after each event. Results will also be posted online post meet at www.athletic.net and on the men’s and women’s MJC team web pages.