

Re: Mt de Sales Track Meet March 25, 2015

“Dear Coaches,

I am looking forward to see you next Wednesday for the varsity track and field meet at Mount de Sales. Participating teams will be John Milledge, Mount de Sales, Rutland, Southland, Stratford, and Tattnall.

We will allow each school a maximum of 5 entries per individual event and 2 relay teams. Please email me your entries by 3:00 P.M. Monday along with a list of coaches and their preferences for officiating duties. We will be following the GHSA rule for event limits per athlete, which is a maximum of 3 individual events, where no more than 2 of them are running events. There are no restrictions on relay participation.

We welcome John Milledge and Southland from the GISA in accordance with the new GHSA/GISA crossover rule. According to this rule, however, we must ask that only athletes from grades 9-12 actually participate in this meet. Unfortunately, we may not invite any 8th graders on the varsity squads of the GISA schools to compete.

Any schools that plan to enter athletes in the pole vault will need to weigh in their vaulters and fill out the following form:

[https://www.ghsa.net/sites/default/files/documents/track/GHSA Pole Vault Verification Form Edited v3.pdf](https://www.ghsa.net/sites/default/files/documents/track/GHSA_Pole_Vault_Verification_Form_Edited_v3.pdf)

We will have a scale available for weigh-ins after the coaches meeting, which will begin at approximately 3:30 P.M.

The meet will start at 4:00 P.M., and the order of events will be as follows:

3200m Run and Field Event Rotation #1: Girls Discus, Girls Long Jump, Girls Pole Vault, Boys Shot Put, Boys Triple Jump, Boys High Jump

Field Event Rotation #2: Girls Shot Put, Girls Triple Jump, Girls High Jump, Boys Discus, Boys Long Jump, Boys Pole Vault

4x100m Relay
100/110m Hurdles
100m Dash
1600m Run
400m Dash
300m Hurdles
800m Run
200m Dash
4x400m Relay

Please let me know if you have any questions. See you next week!

Sincerely,

Jeff Dobias

MDS Track and Field”