

Fairless Falcon Invitational 2021

Dear Coach,

The purpose of this letter is to provide you with information regarding the Fairless Falcon Invitational that will be held on Saturday, April 3. The coaches meeting will be held at 8:30am in the high school cafeteria. Field events will begin at 9:30am with the 4x800 beginning at 10:00am. Running event finals will begin at 10:45am with the 100h/110h. There will be no running prelims and all field events will be finals this year due to the reduced size of the meet and in the interest of efficiency.

We will be using Baumspage for entries. The window for entries is currently open and will close at 7:00pm on Wednesday, March 31. There will be scratches in the HS Cafeteria the day of the meet.

We will have 8 teams competing in this year's Falcon Invitational.

We look forward to seeing all coaches and your athletes at our invitational. We're hoping for some great weather this year! Feel free to contact us with any questions or concerns.

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Meet Managers,

Ben Russell

Head Track and Field Coach

Nate Held

Athletic Director

Field event Info:

Starting Heights for High Jump and Pole Vault will be based off of the entries that are received.

-High Jump is boys first, Pole Vault is girls first

Long Jump

4 jumps, no finals.

-Boys open pit from 9:30-11:00am, Girls open pit from 11:45am-1:15pm

Shot and Discus

4 throws only, no finals.

-Shot Put is boys first, Discus is girls first

Awards

At the conclusion of the meet we will present awards. The 1st place teams will receive a trophy. Medals will be awarded to the 1st through 3rd place finishers. Ribbons will be awarded to the 4th through 8th place finishers.

Notes of importance

- Only 1/8" or 1/4" pyramid spikes may be worn on the all-weather surface.
- No tape allowed on the all-weather surface, chalk may be used to mark steps.
- A limited concession stand will be available throughout the day.
- There will be a weigh in for implements used in the Shot Put and Discus located in the garage behind the concession stand.
- We will be using a Finish Lynx timing system (FAT) with a finish line scoreboard.
- We request that tents be set up on the West side of the stadium near the blue containers or near the visitors stands away from the Pole Vault and Long Jump competition areas.
- We will have a limited breakfast for coaches and bus drivers beginning at 8:15am in the FHS cafeteria. We will also have a limited lunch beginning around 10:30am - this can be picked up by head coaches in the press box. Everything served will be covid compliant.
- Scratches can be made prior to the coaches meeting in the FHS cafeteria.
- Please remind your athletes to stay off of the football field.
- Information about spectators is posted with the meet information on baumspage.
- Seated athletes will compete immediately after the final heat of the corresponding event.

Schedule of events

9:30am – Field Events

10:00am – 4x800 Relay – Girls followed by boys

Pole Vault – Girls followed by boys

Long Jump – Boys followed by girls

High Jump – Boys followed by girls

Discus – Girls followed by boys

Shot Put – Boys followed by girls

Running Event Finals

10:45am

1. 100mH- Girls

2. 110mH- Boys

3. 100m- Girls

4. 100m- Boys

5. 800m R- Girls

6. 800m R- Boys

7. 1600m- Girls

8. 1600m- Boys

9. 400m R- Girls

10. 400m R- Boys

11. 400m- Girls

12. 400m- Boys

13. 300mH- Girls

14. 300mH- Boys

15. 800m- Girls

16. 800m- Boys

17. 200m- Girls

18. 200m- Boys

19. 3200m- Girls

20. 3200m- Boys

21. 1600mR-Girls

22. 1600mR-Boys

(continued above right)