

## **Fairless Falcon Twilight 2021**

Dear Coach,

The purpose of this letter is to provide you with information regarding the Fairless Falcon Twilight that will be held on Friday, May 7. The coaches meeting will be held at 3:45pm in the bleachers. Field events will begin at 4:30pm with the 4x800 and prelims beginning at 5:00pm. Running event finals will begin at 6:00pm.

We will be using Baumspage for entries. The window for entries is currently open and will close at 7:00pm on Wednesday, May 5th.

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**

3 jumps, Top 9 to finals.

-Boys Open Pit 4:30-5:30 Finals Follow,

-Girls Open Pit 6:15-7:15 Finals Follow

## **Shot and Discus**

3 throws, Top 9 to finals.

-Discus is boys first, Shot is girls first. We will use all 4 rings and finals will follow immediately after.

## **Awards**

At the conclusion of the meet we will present awards. The 1<sup>st</sup> place teams will receive a trophy. Medals will be awarded to the 1<sup>st</sup> through 3<sup>rd</sup> place finishers.

Ribbons will be awarded to the 4<sup>th</sup> through 8<sup>th</sup> 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.
- Please remind your athletes to stay off of the football field.
- Information about spectators is posted with the meet information on baumspace.
- Seated athletes will compete immediately after the final heat of the corresponding event.

## Schedule of events

### **4:30pm** – Field Events:

- Pole Vault – Girls followed by boys
- Long Jump – Boys followed by girls
- High Jump – Boys followed by girls
- Discus – Boys followed by girls
- Shot Put – Girls followed by boys

### **5:00pm** – 4x800 Relay – Boys

- Prelims 100m-Girls - 100m-Boys
- 4x800 Relay - Girls
- Prelims 200m-Girls 200m-Boys
- Prelims 110mH-Boys 100mH-Girls **\*\*Note Boys followed by Girls\*\***

### **National Anthem at 6pm then Finals Start**

#### **Running Event Finals**

<b>6:00pm</b>	100mH- Girls	110m H- Boy
	100m- Girls	100m- Boys
	800m R- Girls	800m R- Boys (4x200)
	1600m- Girls	1600m- Boys
	400m RGirls	400m R-Boys (4x100)
	400m- Girls	400m- Boys
	300mH- Girls	300mH- Boys
	800m- Girls	800m- Boys
	200m- Girls	200m- Boys
	3200m-Girls	3200m- Boys
	1600mR-Girls	1600mR-Boys (4x400)