

RAM INVITE

April 29th, 2024

Date: Monday, April 29th

Time: Field Events - 4:00
Running Events – 4:30

Place: Mt. Vernon High School - 11101 N. Wells Bypass

Fee: \$150.00 - make checks payable to Mt. Vernon High School.
Check should be sent to Mt. Vernon High School or brought the day of meet

Scoring: 6 team Scoring: 10-8-6-4-2-1/RELAYS: 10-8-6-4-2 (All events scored)

Entries: All entries must be completed no later than **April 29th, 2024 by 9:00 AM**
THREE entries per individual event [Online Entry Link](#)
One relay team per relay race

Timing: FAT Timing by [TRXC Timing](#)

Meet Program: [Heat/Flight Sheets](#)

Schools: Harrisburg, Centralia, Flora, Pinckneyville, Marion, Mt. Vernon, Salem

FIELD EVENTS: 4:00pm
High Jump
Shot Put (4 throws)
Discus (4 throws)
Long Jump (4 jumps)
Triple Jump (4 jumps)
Pole Vault

RUNNING EVENTS Finals: 4:30pm
V 4x800
F/S 4x100
V 4x100
3200 m Run
110 HH
100 m Dash
800m Run
F/S 4x200
V 4x200
400m Dash
300 I.M. Hurdles
1600 m Run
200m Dash
F/S 4x400
Var. 4x400