



Mt. Vernon Boy's Ram Invite

Monday, May 4th | Mt. Vernon High School - 11101 N. Wells Bypass

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

Date: Monday, May 4th

Time: Field Events - 4:00

Running Events- 4:30

Entry Fee: \$\$150.00 - make checks payable to Mt. Vernon High School.

The check should be sent to Mt. Vernon High School or brought on the day of the meet.

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

Entries: Will be completed on [AthleticNET](#). All entries must be completed no later than Monday, May 4th, at 9:00AM CST. No late entries will be accepted! Scratches only at coaches' meeting!

Entry questions? Reach out to Paul Golian - paul@trxctiming.com

Entry Limitations:

3 entries per individual event

1 relay team per relay race

Heat/Flight Sheets: [Click here](#)

Timing: FAT-Timing provided by TRXC Timing | [Click here for live results](#)

Meet Questions: Seth English - senglish@mvths.org

FIELD EVENTS: 4:00 pm

- High Jump
- Shot Put (4 throws)
- Discus (4 throws)
- Long Jump (4 jumps)
- Triple Jump (4 jumps)
- Pole Vault

RUNNING EVENTS ALL Finals: 4:30 pm

- V 4x800
- F/S 4x100
- V 4x100
- V 3200 m Run
- V 110 HH
- V 100 m Dash 800m Run
- F/S 4x200
- V 4x200
- V 400m Dash
- V 300 I.M. Hurdles
- V 1600 m Run
- V 200m Dash
- F/S 4x400
- Var. 4x400



**NO
Christmas
Tree Spike
Pins**



**1/4"
Pyramid
"Cone Shape"
Only**



**NO
Needle
Spike
Pins**