

## Mountaineer Track & Field Showcase Sponsored by State Farm

The Mountaineer Showcase is a combined College and High School event focused on displaying the top Track & Field talent in West Virginia and the surrounding area.

The meet will be held at the new Track & Field Facility at Mylan Park, featuring an eight-lane prefabricated, synthetic Mondo Track surface. Mondo is considered a world leader in track and field surfacing and is the surface of choice for the Olympic Games. The facility also features a grass infield for field events, multiple shot put rings and long jump runways, a warm-up area, public restrooms, a press box, and a state-of-the-art electronic scoreboard and timing system. Throwing events (shot put, discus, javelin, hammer, and weight throw) are held on the infield of the track with nets that completely encase the entire throwing area to protect all competitors and spectators.

Dates: Friday & Saturday, April 26 – 27, 2019  
Where: The Track Complex at Mylan Park, Morgantown, WV  
Hosted by: Friends of Track & Field, Morgantown HS, Preston HS, University HS, & WVU  
Time: Friday  
4:30 pm – All Scratches Due  
5:00 pm – PV  
6:00 pm – All other Field and Track Events  
Saturday  
9:00 am College Javelin  
10:00 am – All other Field and Track Events  
See order of events for further details. A time schedule posted before the event

Cost: High School - \$75 per team - \$150 for both boys and girls teams  
\$10 per individual  
Entries: All High School entries must be done via [www.athletic.net](http://www.athletic.net)  
3 entries per individual event\*, one team per relay  
High School Track and Field Athletes may not enter College or Open Events  
\* Additional entries may be considered based on performance standards

Deadline: First 25 teams. Entries are due 9:00 pm Wed, April 24, 2018  
Awards: Exclusive T-shirts for top 6 individuals per event  
Admission: \$5.00 Admission for all spectators.  
Concessions: Hot and Cold Concessions will be sold. Commemorative T-shirts will be sold.

Spike Specifications: Spike length is not to exceed a ¼ inch or 7mm, Spikes must be Compression Pyramid and Christmas Tree style, NO needles or pointy Pyramid style spikes will be allowed. (Omni-Lite's 7 mm Christmas Tree Spikes that meet the Mondo and IAAF requirements will be sold on at the meet).

Tent City: Bleachers available for spectators. No Teams. Teams can set up tents in designated areas on Track level

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## **Order of Events**

### **FRIDAY - Track Events**

- 6:00 pm 4 x 800 (HS Girls, HS Boys)
- 110 / 100 Hurdle Trials (100 HS Girls, 100 College Women, 110 HS Boys, 110 College Men)
- 100 Trials (HS Girls, College Women, HS Boys, College Men)
- 3000 Steeple (College Women, College Men)
- 1500 m (College Women, College Men)
- 110 / 100 Hurdle Finals (100 HS Girls, 100 College Women, 110 HS Boys, 110 College Men)
- 100 Finals (HS Girls, College Women, HS Boys, College Men)
- 3200m (HS Girls, HS Boys)
- 5000m (College Women, College Men)

### **FRIDAY - Field Events**

- 5:00 pm Pole Vault (HS Girls, College Women, HS Boys, College Men)
- 6:00 pm Long Jump (College Women, College Men)
- Shot (CW, CM, HS G, HS B)
- High Jump (HS Girls, HS Boys)
- Hammer (College Women, College Men) - After the completion of the Shot

### **SATURDAY - Track Events**

- 400 Finals (HS Girls, College Women, HS Boys, College Men)
- 1600m (HS Girls, HS Boys)
- 1600m (Open)
- 4 x 100 (HS Girls, College Women, HS Boys, College Men)
- 300 Hurdles (HS Girls, HS Boys)
- 400 Hurdles (College Women, College Men)
- Break
- 40 Yard Dash (Open)
- 3000m (College Women, College Men)
- 800 (HS Girls, College Women, HS Boys, College Men)
- 200 Finals (HS Girls, College Women, HS Boys, College Men)
- Shuttle Hurdles (HS Girls, HS Boys)
- 4 x 400 (HS Girls, College Women, HS Boys, College Men)

### **Saturday - Field Events**

- 9:00 am Javelin (College Women, College Men)
- 10:00 am Long Jump (HS Girls, HS Boys)
- Discus (HS Girls, College Women, HS Boys, College Men)
- High Jump (College Women, College Men)
- Triple Jump (College Women, College Men) - After the completion of the HS LJ