



Dear Coaches,

Friday March 25 & Saturday March 26, 2022 we will host the Montreat College Invitation. We will contest a wide variety of events (4x800, 3K steeple, 10K, 5K racewalk, multi-events and four throwing events).

Our most recent invitation saw 1,200 athletes compete. Should be a great atmosphere and competition! We are carefully working to ensure safety and a more efficient moving meet. Our goal is providing the athletes with the best opportunities to perform at their best. Our facility has hosted countless national qualifying performances.

At this time, there are no Covid protocols. However, we will be monitoring and following any state mandates/protocols if any arise.

There is no entry limit for the running events. However, we will be placing a cap on the field events per gender. Each team will be allowed 4 athletes per event, but each team will be guaranteed one entry per field event. That guaranteed entry will be the school's best entry mark

Field Events: The Shot Put, Hammer, Discus, Javelin, Long Jump and Triple Jump everyone will receive 3 attempts with the top nine advancing to the final, and receiving 3 more attempts. Flights will be seeded. The flight with the highest marks going last.

Running Events: All running events will be finals. Will run in descending order (fast to slow) heats.

Entries will be done through Directathletics.com if any questions please contact

Britten Olinger: britten.olinger@montreat.edu

FACILITY: Pulliam Stadium/Howard Fisher Memorial Field

SPIKES: FLATS or ¼" PYRAMID SPIKES ONLY

ENTRIES: Entries will be done online at directathletics.com. Entries will be closed on March 21 at 11:59pm.

ENTRY FEE: \$350 per gender. Individual/Unattached athletes are \$30 per event. Payments are only accepted to be paid through DirectAthletics.

The track has eight lanes on both the oval straightaways. Track surfaced by Beynon. Same surface used during the 2016 US Olympic Trials. We are expecting a very competitive meet and have seen multiple national qualifier standards/times obtained at this meet, and facility. In 2021, we saw 106 National qualifying standards take place at our facility.

Please contact Britten Olinger for any assistance britten.olinger@montreat.edu.

Friday Events

(Men followed by the Women)

Running Events

- Steeplechase
- 1500m
- 5,000m
- 10,000m

Decathlon

(100m, Long Jump, Shot Put, High Jump, 400m)

Heptathlon

(100H, High Jump, Shot Put, 200m)

Field Events

- Javelin: 30 Entries
- Hammer: 30 Entries
- Long Jump: 30 Entries
- Pole Vault: 18Entries

Saturday Events

(Men followed by the Women)

- 5,000m Race walk (M & W)
- 4x100 Relay
- 4x800 Relay

– Senior Recognition Ceremony

- 110m/100m Hurdles
- 400m
- 100m
- 800m
- 400m Hurdles
- 200m
- 4x400m Relay

Decathlon

(110H, Discus, Pole Vault, Javelin, 1500m)

Heptathlon

(Long Jump, Javelin, 800m)

Field Events

- Discus (Women than Men): 35 Entries
- Shot Put (Men than Women): 35 Entries
- Triple Jump (Men than Women): 30 Entries
- High Jump (Women than Men): 20 Entries

