



Fleet Feet Sports Track and Field Invitational presented by the Hickory Metro Sports Commission

When: Saturday, April 10th 2010

Location: Bunker Hill High School 4675 Oxford School Road, Claremont, NC 28610 conveniently located off of I-40 in between Winston- Salem and Asheville.

Facility: Bunker Hill has a brand new 8 lane plexitrack accelerator rubber surface, with press box, bathrooms and concessions. The Championship track has 2 long jump/triple jump runways, 1 pole vault runway, and a huge high jump area for ample run up. All runways are rubberized. Shot Put and Discus cage conveniently located on site for spectator friendly atmosphere. All track events are on site so no long walks to see field events. What makes us exceptional is that we have a 6 lane fully marked warm up track adjacent to the Championship Track. Your athletes can work on relays on a fully marked track without second guessing steps or marks. It will be a fun and festive atmosphere with music and athletics.

Sanction: Open to high schools in North Carolina, South Carolina, Tennessee, and Virginia

Spikes: All athletes are required to have nothing longer than 1/4" pyramid spikes. This will be strictly enforced.

Event Entries: Entries will be through Direct Athletics. Each school may enter up to 3 athletes per individual event and 1 relay for each relay event for both boys and girls.

Entry Fee: \$10.00 per athlete up to 4 athletes, 5 or more athletes \$50 = team entry, **Boys and Girls team=\$70 Most inexpensive invitational around. Only 70 dollars a School for both Boys and Girls together.**

Timing: FAT provided by www.slipstreamtiming.com

Awards: Top 3 in each event will receive medals and Team Trophy to top 2 boys and girls team overall.

Meet Schedule: 9:30 am coaches meeting. Will run a State Meet Schedule with Prelims

10 am field events begin /3200m Relay

11am Prelims

100m hurdles

110m Hurdles

100m

400m

300m Hurdles

200m

Finals will begin after prelims. Standard NC State Meet Rolling Schedule

Contact and more info: Meet Director John Sullivan at john_sullivan@catawbaschools.net or check us out on Facebook.