

**43rd ANNUAL
FULTON LADY STEAMER INVITATIONAL
TRACK & FIELD MEET
APRIL 17, 2018**

Participating Schools: Alleman, Amboy, Clinton, Erie-Prophetstown, Fulton, Milledgeville, Morrison, Newman, Riverdale, & West Carroll

Entry Fee: \$150 (please send as soon as possible if you have not already).

Field Events: 4:15 PM

Running Events: 5:20 PM

General Information

1. Each school is allowed 2 entrants per individual event and 1 relay team
 - a. Please use www.directathletics.com to enter your competitors
 - b. Deadline is Monday, April 16 at noon
 - c. For field events: competitors will be given a total of 4 throws - no finals.
2. Scoring will be as follows: 10-8-6-4-2-1
3. Medals and Awards
 - a. Medals will be given to first and second place finishes in each event.
Ribbons will be given to 3rd through 6th place.
 - b. Plaque will be awarded to 1st and 2nd overall teams
4. Camps will not be allowed in the track area. Please keep camps off the football field.
5. Coaches meeting will be held at 3:50pm
 - a. Please make any scratches at that time
6. Meet will be ran ahead of schedule if possible.
7. Rain date for the meet is 4/18/18

Order of Events:

1. Field Events (4:15pm)
 - a. Shotput
 - b. Discuss
 - c. Long Jump
 - d. Triple Jump
 - e. High Jump

2. Running Events (approx. 5:20pm)

- a. 5:20 - 3200 Meter Relay
- b. 5:35 - 4 x 100 Meter Relay
- c. 5:45 - 3200 Meter Run
- d. 6:05 - 100M Hurdles
- e. 6:15 - 100M Dash
- f. 6:25 - 800 Meter Run
- g. 6:35 - 4 x 200 Meter Relay
- h. 6:45 - 400 Meter Run
- i. 6:55 - 300M Hurdles
- j. 7:05 - 1600M Run
- k. 7:20 - 200M Dash
- l. 7:30 - 4 x 400 Meter Relay