

Mountain Top Invitational

Cresson, PA – June 8, 2019

Order of events

Track Events

(from youngest to oldest)

First event 9:00 (then rolling schedule)

3000 m

110 m hurdles

100 m hurdles

80 m hurdles

100 m

Exhibition 50 m (3-4 year olds)

1500 m

400 m

200 m hurdles

400 m hurdles

800 m

200 m

4 x 800 m relay

4 x 100 m relay

4 x 400 m relay

Field Events

(start with different age groups)

First event 9:00 (then rolling schedule)

Triple Jump (all ages)

Long Jump (start with 8 and under)

High Jump (start with masters)

Discus (start with 17-18 boys)

Javelin (start with 15-16)

Shot Put (start with 8 and under)

Turbo Javelin (start with 9-10 girls)

Some races can be combined based on the number of participants. Results will be reported for respective age groups.