



June 11, 2016

Mountain Top Invitational
Cambria Heights High School
426 Glendale Lake Road
Patton, PA 16668

Registration- \$10.00
Deadline – Wed, June 8 - noon

Start time- 9:00 a.m.

Open pit triple jump will begin at 8:30 a.m. all age groups

<http://pa.milesplit.com>.

All registration is on line.

Events: The following are the boys and girls' competitive age groups and events for this year USA Track & Field Junior Olympic Qualifiers

8 and under: 2008 & on (Limit 3 events)

100 m 200m 400m 800m 1500m Long Jump Shot put (2K), turbo javelin

9 and 10: 2006 & 2007 (Limit 3 events)

100m 200m 400m 800m 1500m Long jump High jump Shot put (6lb) Turbo javelin 4x100 relay 4x400 relay

11 and 12: 2004 & 2005 (Limit 3 events)

100m 200m 400m 800m 1500m 3000m 80m hurdles (30") Long jump High jump Shot put (6lb) Discus (1 kilo) 4x100 relay 4x400 relay 4x800 relay Turbo javelin

13 and 14: 2002 & 2003 (Limit 4 events)

100m 200m 400m 800m 1500m 3000m 100m Hurdles (B33" G30") 200m Hurdles (30") Long jump High jump Triple jump Shot put (B 4 kilo-G 6lb) Discus (1 kg) Javelin (600gr) 4x100 relay 4x400 relay 4x800 relay

15 and 16: 2000 & 2001 (Limit 4 events)

100m 200m 400m 800m 1500m 3000m 100/110m Hurdles (B39" G33") 400m Hurdles (B36" G30") Long jump High jump Triple jump Shot put (B 12lb-G 4kg) Discus (B 1.6kg-G 1kg) Javelin (B 800gr-G 600gr) 4x100 relay 4x400 relay 4x800 relay

17 and 18: 1998 & 1999 (limit 4 events)

100m 200m 400m 800m 1500m 3000m, 100/110 Hurdles (B39" G33") 400m Hurdles(B39" G30") Long jump High jump Triple jump Shot put (B 12lb-G 4kg) Discus (B 1.6kg G 1kg) Javelin (B 800gr, G 600gr) 4x100 relay 4x400 relay 4x800 relay

Open and Master Athletes are welcome to attend.

Make check payable to: **Mountain Top Track and Field Club**

Mail checks to: Lois Smith

902 Level Rd
Lilly, PA 15938
(814) 886-8607

e-mail willieg68@comcast.net

Refreshment stand and T-shirts will be available at the meet