



Galloway Scots Invite

Saturday, March 30 , 2019

Welcome to Galloway's Scot Invite. We are looking forward to hosting you and your track team!

Entry fee: no entry fee.

Limits to entries: 4 individuals per event and 2 relay teams. Entries in the 1600 and 3200 are unlimited.

Facilities: The Galloway Athletic Complex is located at: 2400 Defoors Ferry Road, Atlanta, GA 30318. We will have concessions and bathrooms available. We ask that tents not to be set up in the in field, but immediately to the left after entering the gate. Athletes may warm-up on the lower soccer field.

Athletic Trainer: We will have an Athletic Trainer on site to assist your athletes.

Results: Will be posted on the marque near the start of the 100 m

Assistance: Galloway will provide meet responsibilities for the **running events** and **secondary assistance** with field events. We will need assistance with the field events.

Shot Put

Triple Jump

Pole Vault

Discus

Long Jump

High Jump

Awards: Scots Invite Champion shoe bag for the 1st place finisher in each event

Schedule of Events: (Rolling Schedule) Girls followed by boys

8:30am- Track will be open

9:30am- Coaches Meeting at the tent near the finish line

10:00am – Field Events

Session 1 Girls/Boys PV, Girls DT, Boys SP, Girls LJ, Boys HJ, Boys TJ

Session 2 Girls/Boys PV, Boys DT, Girls SP, Boys LJ, Girls HJ, Girls TJ

10:30am – 1600 (girls followed by the boys)

11:30am 4 x 100 (rolling schedule, girls followed by the boys)

400

100

100/110 hurdles

800

200

300 hurdles

3200 (may combine- determine at coaches meeting)

4 x 400