



Gallatin Valley Invite

April 17, 2026, 10:00 am



Rules & Scoring

- **Coaches meeting** at 9:15 in the green shed located on the west end of the track
- **Starter:** Butch Damburger ELECTRONIC STARTING GUN
- **Scoring:** 10-8-6-4-2-1.
- **Timing:** All running events are **FAT** (Timed Finals).
- **Athlete Limits:** Max 5 events per athlete (including relays).
- **Participation:** Limit of 5 Varsity participants; unlimited JV.
- **Field Event Format:** * 3 attempts per contestant.
 - Top 10 advance to finals for 3 additional attempts (excludes vertical events).
- **Vertical Opening Heights:** * **Pole Vault:** Girls: 6" | Boys: 9'0"
 - **High Jump:** TBD
- **Equipment:** * **Spikes:** 1/4" and 1/8" allowed (**New this year**).
 - **Blocks:** Provided by meet management.
 - **Javelin:** Thrown off a grass surface



Logistics & Site Policies

- **Team Packets:** Pickup at the Green Shed (West End). Rosters pulled from [Athletic.net](https://athletic.net).
 - [Sign up your team to work here](#)
- **Bibs:** Athletes must wear bibs on front chest-height. *Note: Pole Vaulters may put bibs on back unless they are also running.*
- **Restrooms:** Located in the East end of the Special Events Center (SEC) and porta-potties near Javelin/Shot area. **No spikes allowed in the SEC.**
- **Locker Rooms:** Not available.
- **Concessions:** Available in an outside trailer.
- **Cleanup:** Please pick up your trash; garbage bags and cans will be provided.



Field & Infield Safety

- **Restricted Areas:** Teams must stay on the **infield**; stands are for fans only.
- **Prohibited Items:** No footballs, frisbees, or loud music allowed on the field.
- **Implement Safety:** No shot puts, discus, or javelins allowed on the football field



Time Schedule

Rolling Schedule: Events follow one another with no specific scheduled time. Running events take precedence over field events.

- **Calls:** 10/5/Final calls will be given (also check the video board).
- **Attention:** Athletes must pay close attention to announcements.

National Anthem - 9:55 Boys V/ Girls V

Schedule Running Events (Estimated)

10:30	3200 m Finals	(G)
10:55	110 m Hurdles	(B)
11:30	100 m Hurdles	(G)
12:00	100 m	(B)
12:30	100 m	(G)
1:00	800 m	(B)
1:15	800 m	(G)
1:35	200 m Finals	(B)
2:05	200 m Finals	(G)
2:35	400 m Relay	(B)
2:50	400 m Relay	(G)
3:05	1600 m Finals	(B)
3:25	1600 m Finals	(G)
3:40	400 m	(B)
4:05	400 m	(G)
4:25	300 m Hurdles	(B)
4:40	300 m Hurdles	(G)
4:50	3200 m finals	(B)
5:00	1600 m relay	(B)
5:30	1600 m Relay	(G)

Schedule Field Events:

(We will be pinning throws to help speed up the field events)

10:00	Pole Vault	(G)	
	Long Jump	(G)	(West Pit)
	Discus	(G)	
	High Jump	(B)	
	Shot Put (B)		
	Triple Jump	(B)	(East Pit) (JV)
	Javelin	(B)	(JV)
12:30	Long Jump	(B)	(West Pit)
	Triple Jump	(G)	(East Pit)
	Pole Vault	(B)	
2:00	Shot Put	(G)	
	High Jump	(G)	
	Javelin	(G)	(JV)
	Discus	(B)	

* all times are approximated