

CJMS/SMS

5/10 Tuesday Start 1:00 Time

AT BOZEMAN HIGH SCHOOL

1 Ruth Thibeault Way, Bozeman, MT 59715

 (CLICK HERE FOR 5/10 RESULTS)

Weather Report: Partly to mostly cloudy. High 48F. Winds SW at 5 to 10 mph.

ENTRIES: Individually we ask you to limit your athletes to 3 individual events + 2 relays.

RESTROOM FACILITIES: South side of the track

Be sure athletes are ready ahead of time for their events and listen carefully for the announcement of each upcoming event. If an event overlaps, have them talk with the judges to work out going between the two events. Please police your respective areas and clean up garbage before leaving when the meet is complete.

*** VOLUNTEERS NEEDED FOR LANE TIMES (STOPWATCHES) ***

APPROXIMATE TIME SCHEDULE

FIELD EVENTS

1:00 PM Shot, Girls (Boys follow)
Discus, Boys (Girls follow)
Turbo Jav Girls (Boys follow)
Long Jump, Boys and Girls (2 pits)
High Jump, Girls and Boys (2 pits)

RUNNING EVENTS

1:00 PM Finals--100 Meter Hurdles, Girls
Finals--100 Meter Hurdles, Boys
Finals--100 Meter Dash, Girls then Boys
Finals--1600 Meter Dash, Girls then Boy
Finals--400 Meter Relay, Girls then Boys
Finals--400 Meter Dash, Girls then Boys
Finals--800 Meter Run, Girls then Boys
Finals--200 Meter Dash, Girls then Boys
Finals--800 Meter Relay, Girls then Boys

All races will run in the following order:
7th grade girls
8th grade girls
7th grade boys
8th grade boys

11:45 pm Bus leaves from the back parking lot, check in with your teachers before coming to the bus.

12:05 pm Arrive at the track, located behind the High School, warm up as a team

1:00 pm All Events Start - Check in with the field event first and go to the running event.

3:30 pm ***Estimated ending---Parents sign out with coach before students leaves***

****(PARENTS-will need to pick up student at BHS - NO BUS back to SMS)****

City Meet 6th-8th grade CJMS/SMS

5/12 Thursday Start 4:00 Time

AT GALLATIN HIGH SCHOOL

4455 Annie St, Bozeman, MT 59718

Busses will leave at 2:45 each MS

Volunteers Meeting 3:45

[!\[\]\(a870788d6ed9b8fd294b7654a8c8526b_img.jpg\) CLICK HERE FOR 5/12 RESULTS](#)

Weather: Cloudy with rain and snow showers early changing to mainly rain showers in the afternoon. High 53F. Winds W at 5 to 10 mph. Chance of rain 50%.

ENTRIES: Individually we ask you to limit your athletes to 3 individual events + 2 relays.

RESTROOM FACILITIES: North side of the track

Be sure athletes are ready ahead of time for their events and listen carefully for the announcement of each upcoming event. If an event overlaps, have them talk with the judges to work out going between the two events.

Please police your respective areas and clean up garbage before leaving when the meet is complete.

APPROXIMATE TIME SCHEDULE

FIELD EVENTS

4:00 PM Shot, Girls (Boys follow)
Discus, Boys (Girls follow)
Turbo Jav Girls (Boys follow)
Long Jump, Boys and Girls (2 pits)
High Jump, Girls and Boys (2 pits)

RUNNING EVENTS

4:00 PM Finals--100 Meter Hurdles, Girls
Finals--100 Meter Hurdles, Boys
Finals--100 Meter Dash, Girls then Boys
Finals--1600 Meter Dash, Girls then Boy
Finals--400 Meter Relay, Girls then Boys
Finals--400 Meter Dash, Girls then Boys
Finals--800 Meter Run, Girls then Boys
Finals--200 Meter Dash, Girls then Boys
Finals--800 Meter Relay, Girls then Boys

All races will run in the following order:
6th grade girls
7th grade girls
8th grade girls
6th grade boys
7th grade boys
8th grade boys

2:45 pm Bus leaves from the back parking lot, check in with your teachers before coming to the bus.

3:10 pm Arrive at the track, located behind the High School, warm up as a team

4:00 pm All Events Start - Check in with the field event first and go to the running event.

7:00 pm ***Estimated ending---Parents sign out with coach before students leaves***

******(PARENTS-will need to pick up student at GHS - NO BUS back schools)******

What Athletes need to know:

All events warm-up should start at the beginning of the event before your running race. Do a 5 minute jog, then dynamic stretching, form drills, striders - get all the people doing the event with you to warm up together (if possible).

****Field events make sure you check in and check out to go to the running event. ****

- Arrive at the bus in your track uniforms with sweats over the top. You should already be wearing your running shoes! There are no indoor changing rooms.
- Dress in layers and bring rain gear with you
- We will sit as a team on the infield - SMS Camp
- Bring a hat, gloves, rain gear and **sunscreen - Montana weather.**
- Bring water and appropriate snacks, extra water is always available inside the restroom building.
- Cell phones stay at our team camp for the meet.
- No ear buds, headphones, music.... during group warm-ups or at events.
- Please do not bring speakers
- Let your event coach know how you did - time, distance...
- Come ready to compete with a great attitude
- Stay in camp unless warming up or cheering on teammates
- No footballs, frisbees, loud music allowed on the field.
- No shot puts or discus on the football field.
- Be a great representative of your track team, SMS and community.
- **Thank the officials, helpers and volunteers at your events.**