

OUR LADY OF GOOD COUNSEL PRESENTS

# The Falcon Track & Field Invitational



**Saturday, March 20, 2010**  
**Time: 9:00 AM**

## Entry Fee

Single Gender Team - \$150.00, Both Girls and Boys - \$250.00  
Checks Payable to **Our Lady of Good Counsel Track Team**

## Awards

Medals top 3, Team Trophy per gender

## Details

Teams will be allowed an A&B team per relay with the exception of the 4x1600m relay

Fielding events will consist of 4 athletes with 3 jumps/throws per athlete  
LJ, TJ, HJ, SP, Discus

There will be an open 100m, 800m, and 1600m run. Each team will be allowed 3 entries per open event  
Only the 100m will have an 8 field final. All other running events will be on time only

The DMR will be run as 1200, 400, 800, 1600  
The SMR will be run as 400, 200, 200, 800

Entries will be submitted via Athletic.net

## Open

- 100 meter dash
- 400 meter dash
- 1600 meters

## Relays

- 4 x100 meter
- 4 x 200 meter
- 4 x 800 meter
- 4 x 1600 meter
- Shuttle Hurdle
- Distance Medley  
(1200-400-800-1600)
- Sprint Medley  
(400-200-200-800)

## Team Field Events

- Shot put, Discus, High Jump, Long Jump, and Triple Jump

**Athletic.net**

- Click [here](#) for registration

17301 Old Vic Blvd  
Olney, MD 20832

**Phone** 240-283-3200  
**Fax** 301-942-2535  
bjjaek@msn.com  
<http://www.olgchs.org>