Hello Track and Field Coaches, welcome to the first ever meet held at BAMS.

**The meet sign up is up and ready under Bel Air Middle Invitational 2025. All athletes must be registered on runnercard by Thursday, 02/20, before 11:30PM . (Registration will close at 11:30pm) Maximum of 3 athletes per event. (6 for long distance)**

**\*We will be shorthanded, so all entries in runnercard will be final.**

Here are a few reminders for the track meet on Saturday at Bel Air Middle School.

The scratch/coaches meeting will start at 8:30 AM on the track at the start line.

Field events (long and triple jump) and running events at 9AM.

**\*\*Attached is the schedule for all events. Please read the email sent from Coach Gee regarding parking, and spectator seating.\*\***

**Meet coaching duties**

**Bel Air MS**- Starting clerk/finishing Clerk, announcer, meet scoring, and starting gun.

**Ysleta Middle** – Long Jump, please bring your own tape measures. (After measuring, please have 2 coaches available to help time to keep the meet running smooth.)

**Eastwood Knolls IS** – Triple Jump, please bring your own tape measures and distance markers. 2 timers for running events. Please bring stop watches.

**Eastwood Middle**– Timers for running events, please bring stop watches.

\*\* Please let players know that we will need help setting up 300 hurdles if needed to keep the meet running smoothly.

\*\* Please remind your athletes to report to their events when called on. If they are competing in field events, remind them to tell their judge that they will return after completing their running event.

**Housekeeping:** Please remind all of our athletes before, during, and after the meet to ensure it remains clean and safe to compete on during the meet. Our administrators ask that we discourage gum, sunflower seeds, or ordering of food from outside places. We will have concessions stand in our main gym. Please, no athletes should be hanging out in the main gym or parking lots. They must be on the football field.  Please have all teams clean up the field after the event.

**Hospitality:** We will have breakfast, waters and snacks available for coaches during the meet.

**Logistics:**During our coaches'/scratch meeting, our Admin in charge and I will go over the teams seating area, meet procedures and expectations restroom locations, and responsibilities again. It is our very first time hosting a meet at BAMS, so we ask for your patience and support during the meet. We will try our best to effectively run the meet. As coach Gee mentioned in an email sent previously, due to our facility not having adequate competition throwing pits, Shot put and Discuss field events will be conducted at your individual campus facility and I will input the distances you provide on Runnercard.

**Events schedule:** Based on the previous 2 meets this season, we will keep the same order of events.

**Order of Running Events**

2400-meter run: girls; boys

Girls’ 100-meter hurdles (30”)

Boys’ 110-meter hurdles (7th 33”, 8th 36”)

400-meter relay: girls; boys **(4X100)**

800-meter run: girls; boys

100-meter dash: girls, boys

800-meter relay: girls; boys **(4X200)**

400-meter dash: girls; boys

Girls’ 300-meter hurdles (all down)

Boys’ 300-meter hurdles (up one)

200-meter dash: girls; boys

1600-meter run: girls; boys

1600-meter relay: girls; boys **(4X400)**

**If you have any questions or concerns, please feel free to contact me and I will respond as soon as possible. Let's have a great, last meet of the season before District Championships!**