

2010 HOWELL NORTH 9TH/10TH GRADE INVITATIONAL

To: All track coaches attending the Howell North 9th/10th Grade Invitational track meet.

Date: March 30th, 2010.

Place: Francis Howell North High School

Meet Director: Dr. Greg Hennenfent Head Boy's and Girl's Track Coach Howell North High School

Asst. Meet Director: Mike Parker

Time: Coaches Scratch Meeting at 3:15 p.m.

Field events start at 3:45 p.m.

Track events start at 4:00 p.m.

[Time Schedule](#)

Entry Fee: Entry fee is \$100.00. This will cover both boys and girls teams.

Entries: You will be allowed to enter 2 athletes in each individual track event. One relay team can be entered from a school per relay event. **Entries are due no later than Friday, March 26 at 5:00 p.m.**

Enter all athletes as Varsity for their division **Closed**

Scratches/Changes: Coaches can manage their roster until Tuesday, March 30 at 12 noon **Closed**

Performance List: [Performance List](#) – Last Updated Tuesday, March 30 at 2010 12:27 p.m.

[Flight Sheets](#)

Medals: Top three participants or relay teams will receive medals. Since some events are run in heats, example 100, 200, 400. Heats will be run as finals with the top three times receiving medals.

Rules: We will follow the MSHSAA and National Federation Handbook Rules.

Shoes and Spikes: Flat shoes in the shot and discus areas. All other track events ¼" spikes or smaller are allowed on the Howell North Track.

Email: gregory.hennenfent@fhdschools.org

Please feel free to contact me with any questions about the meet. During the school day: 636-851-5016.

Home: 636-978-5645. Cell: 636-219-3011.

Thanks for your time and effort to make this meet a success.

Dr. Greg Hennenfent

Head Track Coach Francis Howell North High School