



June 8, 2019

Mountain Top Invitational
Penn Cambria High School
201 6th Street
Cresson, PA 16630

Registration- \$10.00
Deadline – Wed, June 5 - noon

Start time- 9:00 a.m.

<http://pa.milesplit.com>.

All registration is on line.

Events: The following are the boys and girls' competitive age groups and events for this year USA Track & Field Junior Olympic Qualifiers

8 and under: 2011 & on (Limit 3 events)

100 m 200m 400m 800m 1500m Long Jump Shot put (2K), turbo javelin

9 and 10: 2009 & 2010 (Limit 3 events)

100m 200m 400m 800m 1500m Long jump High jump Shot put (6lb) Turbo javelin 4x100 relay 4x400 relay

11 and 12: 2007 & 2008 (Limit 3 events)

100m 200m 400m 800m 1500m 3000m 80m hurdles (30") Long jump High jump Shot put (6lb) Discus (1 kilo)
4x100 relay 4x400 relay 4x800 relay area javelin

13 and 14: 2005 & 2006 (Limit 4 events)

100m 200m 400m 800m 1500m 3000m 100m Hurdles (B33" G30") 200m Hurdles (30") Long jump High jump
Triple jump Shot put (B 4 kilo-G 6lb) Discus (1 kg) Javelin (600gr) 4x100 relay 4x400 relay 4x800 relay

15 and 16: 2003 & 2004 (Limit 4 events)

100m 200m 400m 800m 1500m 3000m 100/110m Hurdles (B39" G33") 400m Hurdles (B36" G30") Long
jump High jump Triple jump Shot put (B 12lb-G 4kg) Discus (B 1.6kg-G 1kg) Javelin (B 800gr-G 600gr)
4x100 relay 4x400 relay 4x800 relay

17 and 18: 2001 & 2002 (limit 4 events)

100m 200m 400m 800m 1500m 3000m, 100/110 Hurdles (B39" G33") 400m Hurdles(B39" G30") Long jump
High jump Triple jump Shot put (B 12lb-G 4kg) Discus (B 1.6kg G 1kg) Javelin (B 800gr, G 600gr)
4x100 relay 4x400 relay 4x800 relay

Open and Master Athletes are welcome to attend.

Make check payable to: **Mountain Top Track and Field Club**

Mail checks to: Lois Smith

902 Level Rd
Lilly, PA 15938
(814) 886-8607

e-mail willieg68@comcast.net

Refreshment stand and T-shirts will be available at the meet