

Montana State High School Decathlon/Heptathlon 2011

Friday-Saturday, June 3-4 @ Memorial Stadium, Great Falls High School – 1900 2nd Ave. S.

Dear Coaches and Athletes,

Welcome to our first annual Montana State High School decathlon/heptathlon meet, open to all boys and girls currently attending Montana High Schools, including those who graduate this spring. No previous experience in multi-event competition is required. All you need is a healthy interest, a positive attitude, and a competitive spirit. In fact, we assume that most of the athletes that enter will be multi-event beginners so there will be events you have never even tried before. Don't let that intimidate you! Know that every athlete will have weak events. Just do your best and use this meet as a learning experience. During the meet you are encouraged to get to know all other competitors and to help each other with the events. This will also serve as the decathlon/heptathlon Junior Olympic Region 11 Championship qualifier, June 23-24 in Nampa, ID. If you have any questions, please contact:

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The cost to enter the decathlon or heptathlon is \$40 and the one day pentathlon for younger athletes is \$20. We will accept day of event registrations, but please call ahead so we can know how many athletes to prepare for. Below are some rules and regulations concerning multi-event competition:

- We will have starting blocks, shot puts, and discuses that you can use or you are welcome to bring your own. Please bring your own javelins and pole vault poles.
- Athletes are disqualified on their second false start in all races.
- Before each field event we will have a short rules meeting with all athletes.
- Competitors get three attempts only (no finals) in the long jump, shot put, discus, and javelin.
- The metric system will be used to measure heights and distances, however, translations into feet and inches will be provided as well.
- We will not weigh pole vaulters, nor require that your pole rating be equal to or greater than your body weight.
- We can start the pole vault as low as 5'0". Vaulters are eliminated after three consecutive misses. Other than that, misses do not count against your score.
- We can start the high jump as low as anyone wants. Jumpers are eliminated after three consecutive misses. Other than that, misses do not count against your score.
- 30 minutes rest time is required between all events. The 30 minutes begin after the last competitor is finished with the previous event.
- Competitors will be placed randomly in heats and flights until the final race of the second day. At that point, competitors will be grouped together by score.
- All coaches and spectators are welcome down on the field with the athletes and there are no coaching restrictions.
- We intend to have several UGF athletes available to help any competitors who arrive "coachless".
- Athletes in multi-event competitions who do not attempt any particular event are disqualified.
- In case of a tie, the winner shall be the competitor who scores the greatest number of points in a majority of events. If the tie remains, the winner shall be the competitor scoring the greatest number of points in any one of the ten events.
- Xerox copies of score tables will be available if you want one.

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APPROXIMATE FRIDAY TIME SCHEDULE

(The times below depend upon the number of entrants. With a very small number of entrants the schedule will be compacted accordingly and if we have a large number the schedule will be drawn out accordingly.)

10:00 meeting with athletes, coaches and parents

10:15 introduction of athletes

Boys' Decathlon

10:30 100 meters

11:15 long jump

12:30 shot put

2:00 high jump

3:30 boys 400

Girls' Heptathlon

11:00 100 meter hurdles

11:45 high jump

1:15 4k shot put

2:30 200 meters

APPROXIMATE SATURDAY TIME SCHEDULE

Boys' Decathlon

10:00 110 HH

10:45 1.6k discus

12:00 pole vault

2:00 800g javelin

3:30 1500 meters

4:00 final results and awards

Girls' Heptathlon

11:00 long jump

12:30 600g javelin

2:00 800 meters

2:30 final results and awards

For any athletes not yet high school age we offer the following pentathlon (\$20) on Saturday:

APPROXIMATE SATURDAY PENTATHLON TIME SCHEDULE

(The times below depend upon the number of entrants. With a very small number of entrants the schedule will be compacted accordingly and if we have a large number the schedule will be drawn out accordingly.)

10:00 meeting with athletes, coaches and parents
10:15 introduction of athletes

(the 3 field events will be held concurrently unless there are sufficient entries to separate them)

Girls' Pentathlon

10:30 100 meter hurdles (30")
11:15 6 lb. shot put
12:15 high jump
1:30 long jump
2:45 800 meters
3:30 final results and awards

Boys' Pentathlon

10:45 100 meters hurdles (33")
11:15 4k shot put
12:15 high jump
1:30 long jump
3:00 1500 meters
3:30 final results and awards

Entry Form

Name _____ Age _____ Date of Birth _____

Address _____ City _____ Zip _____

Phone _____ e-mail _____

Event entered (circle one): decathlon (\$40) heptathlon (\$40) pentathlon (\$20)

Please send form and entry fee to:

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