



Carlisle Area School District
 540 W. North Street | Carlisle, PA 17013
 carliseschools.org
 717-240-6800
 Colleen M. Friend, Ed.D., Superintendent

Dear Track & Field Coaches:

Please join us for the 35th Annual Stan Morgan Invitational in Carlisle, PA. We look forward to hosting your Track and Field teams for our 2024 event. Timing this year will be provided by MAC-FAT, LLC. This meet is run as a late afternoon/evening Championship style meet. Qualifications standards can be found below along with an event schedule. Hitting the provisional standard does not guarantee entry acceptance. There are no team entry limits so if you have 4 kids with top-flight marks/times, they could all possibly compete in an event. The meet will not run more than 15 minutes ahead of schedule to allow athletes a more precise timing of their warm-up routines. This also assures the later events to be run under the lights and this has brought some fantastic 3200 times as well as 4x400s. We will continue to have a Freshmen Girls' 300m hurdle event (top-12 entry times) to complement our Freshmen Boys 1600 (top-12 entry times), which will again, NOT require a specific qualifying standard.

FACILITIES: Running events are contested on Carlisle's 400-meter track with synthetic high jump, long jump, triple jump, javelin, and pole vault runways. Spikes of maximum length 1/4" may be used. The shot and discus are contested on concrete circles. Locker and shower facilities are extremely limited. Please plan accordingly.

AWARDS: Team awards: Top 2 Boys teams and Top 2 Girls teams plaques

Individual awards: 1st, 2nd, and 3rd in all events medals

Tim Cook Awards(2): 2024 winner of the Boys and Girls 3200m

Stan Morgan Awards(2): Outstanding Male and Female Athlete of the meet.

Entry Fee: \$25.00 per athlete up to a maximum of \$250 per team (boys and girls separate teams). Boys and Girls Teams = \$500.00. Please make checks payable to Carlisle Track and Field Boosters.

Please send to: Carlisle Athletics Dept., Carlisle High School, 540 W. North Street. Carlisle, PA 17013

Entry Deadline: Entries should be completed online through

pa.milesplit.us by 11 PM, Tues., April 30th. Note that relay members need not be declared but must be entered as athletes in the meet, if they are not, their names must be entered in the relay and should be included in your team's athlete count.

Questions: DJ Rodkey, Meet Director - rodkeyd@carliseschools.org, 724-549-1353

ENTRY STANDARDS		
Event	Girls Auto-Provisional	Boys Auto-Provisional
100 Meters	13.0 - 13.5	11.2 - 11.7
200 Meters	27.0 - 28.2	23.1 - 24.3
400 Meters	1:02.5 - 1:05.0	52.0 - 54.9
800 Meters	2:27.5 - 2:36.0	2:02.0 - 2:08.0
1600 Meters	5:30.0 - 5:45.0	4:36.0 - 4:55.0
3200 Meters	11:45.0 - 12:45.0	10:00.0 - 10:50.0
100 Meter Hurdles	17.3 - 18.5	N/A
110 Meter Hurdles	N/A	16.2 - 18.0
300 Meter Hurdles	51.9 - 54.6	42.9 - 45.0
4 x 100 Meter Relay	NT	NT
4 x 400 Meter Relay	NT	NT
4x 800 Meter Relay	NT	NT
Shot Put	34'0" - 30'0"	45'0" - 39'6"
Discus	98'0" - 85'0"	131'6" - 110'0"
Javelin	110' 0" - 95'0"	165'0" - 140'0"
High Jump	5'0" - 4'8"	6'0" - 5'8"
Long Jump	15'9" - 14'6"	20'6" - 18'6"
Triple Jump	33'0" - 30'6"	41'6" - 38'6"
Pole Vault	9'6" - 8'0"	12'6" - 10'6"

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2024 Schedule of Events

Time	Track Events	Field Events
2:30 PM	COACHES MEETING AND SCRATCHES	
3:00 PM	100 Meter Hurdle Trials - girls	Shot Put – Girls, High Jump – Girls, Long Jump Boys, Pole Vault – Girls with Boys to Follow, Javelin – Girls, Discus - Boys
3:15 PM	110 Meter Hurdle Trials - boys	
3:30 PM	100 Meter Trials - girls	
3:45 PM	100 Meter Trials - boys	
4:00 PM	4 x 800 Meter Relay FINAL - girls	
4:15 PM	4 x 800 Meter Relay FINAL boys	
4:30 PM	FRESHMAN BOYS 1600	
4:45 PM	100 Meter Hurdle FINAL - girls	Triple Jump – Boys, Long Jump - Girls
4:50 PM	110 Meter Hurdle FINAL - boys	
5:00 PM	100 Meter FINAL - girls	Javelin – Boys, Discus – Girls, Shot Put - Boys
5:05 PM	100 Meter FINAL - boys	
5:10 PM	1600 Meter FINAL - girls	
5:30 PM	1600 Meter FINAL - boys	
5:50 PM	4 x 100 Meter RELAY - girls	
6:00 PM	4 x 100 Meter RELAY - boys	
6:10 PM	400 Meter FINAL - girls	
6:25 PM	400 Meter FINAL - boys	
6:30 PM		High Jump – Boys, Triple Jump - Girls
6:40 PM	300 Meter Hurdle FINAL FRESHMAN GIRLS	
6:50 PM	300 Meter Hurdle FINAL - girls	
7:05 PM	300 Meter Hurdle FINAL - boys	
7:20 PM	800 Meter FINAL - girls	
7:30 PM	800 Meter FINAL - boys	
7:40 PM	200 Meter FINAL - girls	
7:55 PM	200 Meter FINAL - boys	
8:10 PM	3200 Meter FINAL - girls	
8:25 PM	3200 Meter FINAL boys	
8:40 PM	4 x 400 Meter Relay FINAL - girls	
8:55 PM	4 x 400 Meter Relay FINAL - boys	
9:15 PM	TEAM TROPHY AND MVP PRESENTATIONS	

Sincerely,

DJ Rodkey, Meet Director
 35th Annual Stan Morgan Invitational
stanmorgan.milesplit.com

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