

CENTRALIA INVITATIONAL TRACK AND FIELD INFORMATION SHEET

DATE: April 13, 2021

IMPLEMENT WEIGH IN & POLE VAULT INSPECTION 2:30

COACHES MEETING

3:00

ROUND ONE FIELD EVENTS

3:30

RUNNING EVENTS (FINALS ONLY)

5:00

1. Coaches will enter competitors on <https://www.milesplit.com/> If you have any questions contact Scott Humphrey at scott.humphrey@cr6.org or Ben Sontheimer at ben.sontheimer@cr6.org . Initial entries are to be completed by no later than 3:00 p.m. on MONDAY the week of the meet. Coaches may make changes on the website until 12:00 p.m. the day of the meet or at the meet.
2. **Entry Fee will be \$75 for the boys team and \$75 for the girls team.**
3. Entries are limited to two in each individual event and one entry per relay event.
4. The meet will be scored 10-8-6-5-4-3-2-1 by both individual and relay events. We will medal the top six in each event and relay, and give plaques for the top boys and girls teams.
5. Field events report to the event site when called, all runners will report to the bullpen area at the north end of the track.
6. All javelins, shot put and discus will be inspected, and weighed at the carport in the throwing area. All implements will be pooled at the event site at **2:30 p.m**
7. Contestants in the shot put, discus, long jump and triple jump will be given 4 throws and jumps each, no finals.
8. The coaches meeting will be at the Track Garage at **3:00 p.m**
9. Pole vaults will be inspected either at the Track Garage or on site at **3:00 p.m. Depending on officials.**
10. The high jump and pole vault starting heights will be determined by entries.
11. All jumping and running surfaces are resilient. Spikes must be 3/16 or smaller” pyramid only. **PLEASE, NO NEEDLE SPIKES**
12. All contestants must be in proper uniform, according to MSHSAA standards.
13. We will provide starting blocks.
14. We will have an athletic trainer on site.
15. Coaches and managers are asked to remain in the stands and out of the field area.
16. Team camps are to be outside the fence surrounding the track.
17. We will be using the Eagle-Eye Automatic Timing System.
18. There will be a concession stand provided.

19. We will have results posted on the track garage during the event and all results will be downloaded to athletic.net following the meet.

20. Medals and plaques will be available at the end of the meet in the press box.

20. Admission will be \$4 for adults, \$3 for students, and \$2 for senior citizens

20. No tape or chalk is to be placed on the running or jumping resillite surfaces, bring tennis balls or flags for jumpers.

22. If you have any questions please call Athletic Director Scott Humphrey at (573) 476-9090.

Teams Attending

<i>TEAM</i>	<i>CITY, STATE</i>	<i>STATUS</i>
<i>Centralia High School</i>	<i>Centralia, MO</i>	<i>Scheduled</i>
<i>Father Tolton Regional Catholic High School</i>	<i>Columbia, MO</i>	<i>Scheduled</i>
<i>Hallsville High School</i>	<i>Hallsville, MO</i>	<i>Scheduled</i>
<i>Macon High School</i>	<i>Macon, MO</i>	<i>Scheduled</i>
<i>Marceline High School</i>	<i>Marceline, MO</i>	<i>Scheduled</i>
<i>Moberly High School</i>	<i>Moberly, MO</i>	<i>Scheduled</i>
<i>Paris High School</i>	<i>Paris, MO</i>	<i>Scheduled</i>
<i>Prairie Home High School</i>	<i>Prairie Home, MO</i>	<i>Scheduled</i>
<i>Southern Boone County High School</i>	<i>Ashland, MO</i>	<i>Scheduled</i>
<i>Westran High School</i>	<i>Huntsville, MO</i>	<i>Scheduled</i>

CENTRALIA INVITATIONAL TRACK MEET

IMPLEMENT WEIGH IN: 2:30 ON SITE
POLE VAULT INSPECTIONS: 2:30 ON SITE AT THE POLE VAULT
SCRATCH MEETING: 2:30 AT THE TRACK GARAGE
COACHES MEETING: 3:00 AT THE TRACK GARAGE

ORDER OF EVENTS

FIELD EVENTS 3:30 PM

PV: GIRLS	FOLLOWED BY BOYS
HJ: BOYS	FOLLOWED BY GIRLS
DISCUS: BOYS	FOLLOWED BY GIRLS
SHOT PUT: GIRLS	FOLLOWED BY BOYS
LJ: BOYS AND GIRLS	FOLLOWED BY TRIPLE JUMP
JAVELIN: GIRLS	FOLLOWED BY BOYS

FINALS 5:00 P.M.

4 X 800 RELAY
100 M HURDLES /110M HIGH HURDLES
100 M DASH
4 X 200 RELAY
1600 M RUN
4 X 100M RELAY
400 M DASH
300M INTERMEDIATE HURDLES
800 M RUN
200 M DASH
3200 M RUN
4 X 400 RELAY