

# CENTRALIA INVITATIONAL TRACK AND FIELD INFORMATION SHEET

DATE: April 11, 2023

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](mailto:scott.humphrey@cr6.org) or Ben Sontheimer at [ben.sontheimer@cr6.org](mailto: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. Spikes must be no longer than 3/16" pyramid. NO NEEDLE SPIKES allowed. Do not tape the track or any part of the runways. The Javelin Runway is grass.
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 mo.milesplit 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 is to be placed on the running or jumping surfaces, bring tennis balls or flags for jumpers.
22. If you have any questions please call Athletic Director Scott Humphrey at (573) 476-9090.

## **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**

<b>PV:</b> GIRLS	FOLLOWED BY BOYS
<b>HJ:</b> BOYS	FOLLOWED BY GIRLS
<b>DISCUS:</b> BOYS	FOLLOWED BY GIRLS
<b>SHOT PUT:</b> GIRLS	FOLLOWED BY BOYS
<b>LJ:</b> BOYS AND GIRLS	FOLLOWED BY TRIPLE JUMP
<b>JAVELIN:</b> GIRLS	FOLLOWED BY BOYS

#### **RUNNING EVENTS 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