

NORTH CENTRAL MISSOURI CONFERENCE
TRACK MEET MAY 7, 2021



Site: Hannibal High School- Porter Stadium

Coaches Meeting: 3:30 in Annex (lower entrance)

Entries: All entries must be submitted at [TRXC Timing](#).

Entry Fee: \$50.00 per team or \$100.00 for both girls/boys.

Make Checks Payable to: **Hannibal Public Schools**

Awards: Medals will be awarded for the top 3 individuals and the top 3 relays in each event. The top boys team and the top girls team will receive a trophy.

Scoring: All events will be scored 10-8-6-4-2-1.

Track Surface: Facility is a six lane all-weather track.

Throwing Areas: Shot Put and Discus rings are concrete and flats must be worn.

Spikes: 1/8" spikes or sneakers must be used for the high jump.

1/4" spikes may be used for the track, long jump, triple jump and pole vault.

Facilities: Athletes should come dressed to compete. No dressing facilities available.

Concessions: NO CONCESSIONS.

Parking: High School dismissal is at 2:45 & the Middle School at 3:00. Buses will need to drop off and return to campus after 3:15.

Meet Questions: Clint Graham 573-406-2376 or Jeff Gschwender 573-754-2546.

Website Questions: Rich Schilling- rich@trxctiming.com or 314-522-6176

General: - Coaches and contestants should be in the stands, not at the finish line or on the football field. As per track rule 3-2-2-3g: 4-5-9 an area 30 yards on each side of the finish line has been designated a restricted area. Coach may take place at all other places other than relay exchange zones and the designated restricted area. Coaches are responsible for ensuring each athlete's spikes are within facility regulations. No tape or chalk is allowed on the track or runway surfaces. (All markers must be placed on the side of runways)

2021 NCMC Meet Time Schedule

Field Events – 4:00 (shot, discus, long jump, triple jump, javelin 4 tries no finals)

Discus: Girls (followed by Boys, Cafeteria Style)

Shot Put: Boys (followed by Girls, Cafeteria Style)

Long Jump: Girls (followed by Boys, Cafeteria Style)

Triple Jump: Boys (followed by Girls, Cafeteria Style)

High Jump: Boys (followed by Girls)

Pole Vault: Girls (followed by Boys)

Javelin: Girls (followed by Boys) **5:15**

Running Events - 4:30 – Rolling Schedule

Girls 4 x 800

Boys 4 x 800

Girls 100 meter (Low hurdles)

Boys 110 meter (High hurdles)

Girls 100 meter dash

Boys 100 meter dash

Girls 4 x 200 meter relay

Boys 4 x 200 meter relay

Girls 1600 meter run

Boys 1600 meter run

Girls 4 x 100 meter relay

Boys 4 x 100 meter relay

Girls 400 meter dash

Boys 400 meter dash

Girls 300 meter hurdles

Boys 300 meter hurdles

Girls 800 meter run

Boys 800 meter run

Girls 200 meter dash

Boys 200 meter dash

Girls 3200 meter run

Boys 3200 meter run

Girls 4 x 400 meter relay

Boys 4 x 400 meter relay