2018 Large COC Track and Field Championship

Date: Friday, May 4th, 2018

Meet Directors: Jeremy Butler (417-529-5687) Dustin Miller (417-388-2918)

Games Committee: All head coaches

Event Times: Coaches Meeting 11:15 / Field Events 12:00 / Running 2:00

Entry Fee: $200

Entries Due: Registration will be done through TRXC Timing Entries Coaches can manage their entries until 5:00 P.M, Thursday, May 3rd Scratches/Changes can be made until 9:00 A.M., Friday, May 4th Only scratches will be allowed. No substitutions or adds 3 athletes per event. 1 relay

Officials: Roger Kirby, Gordon Godfrey, Chris Essick- field

Order of Events: Boys: TJ, PV, D, J Girls: LJ, HJ, S,

Opening Heights: Boys PV_____ Girls PV_____ (5 alive) Boys HJ_____ Girls HJ_____ (3 alive)

Throwing/Jumping: LJ, TJ, Shot, Discus and Javelin: 3 and 3 (9 to finals) Cafeteria style. 1.5 hr max time limit.

Weigh Ins: All implements will be weighed and certified.

Spikes: 1/4 inch pyramid spikes

Bullpen: On the field at the south 30 yard line Hip numbers located in bullpen

Coaching Boxes: Will be provided. Only certified coaches in this area.

Relay Judges: 4x100: Branson, Carthage, Carl Junction 4x200: Branson/ Webb City (1 and 3)
Field Events:
Shot: Carthage
Discus: Nixa
Javelin: Ozark
Triple Jump: Willard
Long Jump: Neosho
Pole Vault: Republic
High Jump: Carl Junction

Hospitality Room:
Located in South Press box at 5:00pm

Rain Out:
Saturday May 5, 2018

Awards/Results:
1st place plaques. Medals awarded to top three finishers
Results will be posted at www.trxctiming.com

COC TIME SCHEDULE
(updated 4/23/2018)

**Shot and Discus** – 3 Prelim Throws 3 Final Throws – 9 to Finals
2:00 – Boys’ Discus Finals Follow
2:00 – Girls’ Shot Finals Follow
4:00 – Boys’ Shot Finals Follow
4:00 – Girls Discus Finals Follow
3:00 – Boys’ Javelin Finals Follow
5:00 – Girls Javelin Finals Follow

**Long Jump and Triple Jump** – 3 Prelim Jumps 3 Final Jumps – 9 to Finals
Finals Follow Prelims
2:00 – Boys Triple Jump Cafeteria Style (1.5 Hours then finals)
2:00 – Girls Long Jump Cafeteria Style (1.5 Hours then finals)
4:00 – Boys Long Jump Cafeteria Style (1.5 Hours then finals)
4:00 – Girls Triple Jump Cafeteria Style (1.5 Hours then finals)

**High Jump and Pole Vault**
2:00 – Girls High Jump (5 active) Starting Height
4:30 – Boys High Jump (5 active) Starting Height
2:00 – Boys Pole Vault (5 active) Starting Height
4:30 – Girls Pole Vault (5 active) Starting Height

**RUNNING EVENTS**
2:30 – Boys 4 x 800 meter relay Final Final – Box Alley Start
2:45 – Girls 4 x 800 meter relay Final Final – Box Alley Start
3:00 – Boys 110 meter Hurdles Final
3:10 – Girls 100 meter High hurdles Final
3:20 – Boys 100 meter dash Final
3:30 – Girls 100 meter dash Final
3:40 – Boys 4 x 200 meter relay Heats v. Time
3:50 – Girls 4 x 200 meter relay Heats v. Time
4:00 – Boys 1600 meter run Final – Box Alley Start
4:10 – Girls 1600 meter run Final – Box Alley Start
4:20 – Boys 4 x 100 meter relay Heats v. Time
4:30 – Girls 4 x 100 meter relay Heats v. Time
4:40 – Boys 400 meter dash Heats v. Time
4:50 – Girls 400 meter dash Heats v. Time
5:05 – Boys 300 meter hurdles Heats v. Time
5:20 – Girls 300 meter hurdles Heats v. Time
5:35 – Boys 800 meter run Final – Box Alley Start
5:45 – Girls 800 meter run Final – Box Alley Start
6:00 – Boys 200 meter dash Final
6:10 – Girls 200 meter dash Final
6:20 – Boys 3200 meter run Final – Box Alley Start
6:35 – Girls 3200 meter run Final – Box Alley Start
6:50 – Boys 4 x 400 meter relay Heats v. Time – 3 Turn Stagger
7:00 – Girls 4 x 400 meter relay Heats v. Time – 3 Turn Stagger

*We will not get ahead of this schedule, but we may get behind*