

Junior High COC Track Meet

Republic Middle School - #1 Tiger Drive

May 3, 2022

COC Schools: Branson, Carl Junction, Carthage, Joplin, Neosho, Nixa, Ozark, Republic, Webb City & Willard

- 1) Starting Times: (Republic Middle School - #1 Tiger Drive)
 - a. **Coaches' Meeting** will be held at **9:30 (Scratches only)**
 - b. **Field Events** starting at **10:00**
 - c. **Running Events** at **11:00**.
 - d. **2 starters provided to assist in meet running quick**
 - e. **Gate Admission: Adults \$3.00 Students \$2.00**
 - f. **Trainer will be available if needed**
- 2) Coaches may make **unlimited scratches**. You will not be able to add an athlete after **May 2nd at 9 am.**
[Online Entry Link](#)
Each team will be assigned a field event and/or relay for which they must provide workers for the entire day. A coach **MUST** run the event and helpers/students to assist measure, return implements, etc.
- 3) Teams may enter **3 individual entries per event** and **1 team per relay**.
- 4) Individual participants are limited to **4 events (3 running, 1 field)**.
- 5) There will be **no finals**. Heats will be against time with the **fastest runners** placed in the **last heat**.
- 6) **Hip/Chest numbers will be provided for all running event participants**
- 6) Medals will be awarded to 1st, 2nd, and 3rd place finishers in each event.
- 7) A plaque will be awarded to the 1st and 2nd place teams in each division (4 divisions).
- 8) Scoring will be 10-8-6-5-4-3-2-1 (Top 8 places).
- 9) Field event entrants must report at the time of their event.

<u>Field Event Schedule</u> 10:00 AM	<u>Running Events</u> 11:00 AM Event Order: 7G-8G-7B-8B
Discus 8B – 7B – 8G – 7G Shot 8G – 7G – 8B – 7B Triple Jump 8B – 7B – 8G – 7G Long Jump 8G – 7G – 8B – 7B High Jump 7B – 8B – 7G – 8G Pole Vault 7G – 8G – 7B – 8B <ul style="list-style-type: none">• <i>Participants should try to get as many attempts in as possible before leaving for a running event</i>• 3 attempts per participant for all events	100 Hurdles 100 m Dash 4 X 200 m Relay 1600 m Run 4 X 100 m Relay 400 m Dash 800 m Run 200 m Dash 4 X 400 m Relay

Overall Event Coordinators

Tonia Herbold Cale Ramsey Piper Wright

Rules Committee

Cale Ramsey	Adam Merrell
Trey Derryberry	Robb Richardson
Tonia Herbold	Regina Fields

Field Event Assignments

(Field Event Judge: Cale Ramsey)

Field events covered by one Coach from each school - School covering event responsibility: measuring helpers, etc.

Host school will provide equipment/recording sheets and rules for each event

MEASURE IN METERS

(Grade level completed results sheets should be taken IMMEDIATELY to RMS coaches table located by finish line)

Triple Jump: Willard

Long Jump: Nixa

High Jump: Ozark

Pole Vault: Carl Junction

Shot Put: Webb City

Discus: Joplin

Exchange Zone Judges:

4x100: Neosho

4x 200: Carthage

Cutline: Branson

Republic Specific Items

- Meet hosted at Republic Middle School - #1 Tiger Dr. Republic, MO
- Bus drivers will be directed where to park when arrive
- Coaches meeting location in the field house
- Designated team location [MAP](#)
- 8 lane track (No tape on track)
- Utilizing TRXC Timing System
- Live results can be found on <https://liveresults.trxctiming.com/>
- On any ties, the points for the two places will be split between the two participants
- Provide opening heights for High Jump/Pole Vault at coaches meeting for final approval based on entries
- Only 1/8 inch spikes allowed
- Full Concession Stand will be open
- Coaches/Administration/Bus Driver/Event Worker hospitality room located inside the fieldhouse. We will provide donuts/coffee and dinner around 4pm
- Go to [MOMileSplit](#) to enter athletes
- Entry deadline: **Monday, May 2nd by 9:00 a.m. (No Late Entries)**
(Scratch ONLY after deadline)

COC TRACK

[7TH GIRLS RECORDS](#)

COC TRACK

[7TH BOYS RECORDS](#)

COC TRACK

[8TH GIRLS RECORDS](#)

COC TRACK

[8TH BOYS RECORDS](#)

Thank you,

Tonia Herbold
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