

# BORDER WAR TRACK AND FIELD CHAMPIONSHIPS

Presented by: *Title Sponsor*



Wednesday, April 22<sup>nd</sup>, 2020

In partnership between **TRXC Timing** and **MICDS**

<b>Meet Directors:</b>	Timing: Rich Schilling - TRXC Timing – <a href="mailto:rich@trxctiming.com">rich@trxctiming.com</a> - 314-522-6176 Facilities/Host School - Jim Lohr – MICDS Track and Field Coach - <a href="mailto:jlohr@micds.org">jlohr@micds.org</a> Sponsorship/Meet Entry - Chandler Poppen - TRXC Timing - <a href="mailto:chandler@trxctiming.com">chandler@trxctiming.com</a> - 314-522-6176
<b>Location:</b>	<a href="#">MICDS High School</a> , 101 N Warson Rd, St. Louis, MO 63124
<b>Rain Date:</b>	Rain date Monday, April 27, 2020
<b>Meet Format Eligible Teams &amp; Athletes:</b>	<a href="#">Meet Format</a> – Meet is Sanctioned to be available for athletes competing for a high school in the United States.
<b>Entry Fees:</b>	\$10.00 per Individual per event, \$20.00 per relay team.  Entry fee is determined by team entry list \$200.00 max fee per gender. No refunds. Entry fee must be paid online at the established date.  <b>EXAMPLE:</b> School - enters the following: (1) 4 x 100 relay, (1) 100 Meter Runner, (2) 400 Meter Runners - Total Entry Fee is \$50.00
<b>Entries:</b>	Unlimited Entries in the Individual Events, (1) One relay per school.  <b>Each athlete is limited to (2) two open events plus (1) relay. Only the top 16 performances will be accepted into the meet.</b>  <b>Performances that are submitted for consideration must be marks achieved during the 2020 track and field season. Marks will be taken from the TRXC Timing Performance List. Invalid marks will result in disqualification from competition.</b>  Meet management reserves the right to reject any entries.  <b>Entries are due Saturday, April 18, 2020 by 11:59 p.m.</b>  <b>No entries will be accepted after this deadline</b>
<b>Final Entries and Payment (Declaration)</b>	The National Federation of State High Schools Associations office requires a final list of participating schools to be submitted three weeks prior to meet date. <b>You MUST declare your school by Wednesday, April 1, 2020 at noon. Schools not declared by this date will not be allowed to compete.</b> <a href="#">INTENT TO COMPETE</a>  <b>Registration opens - Monday, April 6th at 9:00 AM CST</b>  <b>Registration closes / deadline to update marks - Saturday, April 18th at 11:59 PM CST</b>  <b>Payment due - Monday, April 20th at 12:00 PM CST</b>  <a href="#">Online Entries</a>  Coaches can manage their roster until Monday, April 20, 2020 at 12:00 PM. <a href="#">Scratches and Changes</a> – <b>You must pay online to be considered. No refunds.</b> <ul style="list-style-type: none"> <li>· Athletes and Relays listed in the top 16 must <b>pay</b> by Monday, April 20, 2020 at 12:00 PM as your <b>final declaration</b>.</li> <li>· After 12:00 PM on Monday, anyone listed in the top 16 who has not paid will be scratched from the meet.</li> <li>· Athletes who are listed 17<sup>th</sup> or higher will be contacted by meet management with the opportunity to register.</li> </ul>
<b>Awards:</b>	Top four individuals and relay teams will receive a medal. <a href="#">Medal Design</a>
<b>Equipment Weigh - Ins:</b>	Throwing implements must be weighed-in during the following time schedule, location will be near the shot and discus throwing area  <b>Boy's Shot, Girl's Discus, and Boy's Javelin</b> - 3:00 - 3:45 p.m. <b>Boy's Discus, Girl's Shot and Girl's Javelin</b> - 3:45 - 4:30 p.m.  Uncertified implements will be impounded and released following the event (no announcement will be made; competitors are responsible for pick-up of their own implements).
<b>Performance List:</b>	<a href="#">Performance List</a>
<b>Heat Sheets:</b>	<a href="#">Heat Sheets</a>
<b>Height Progressions:</b>	<a href="#">Height Progressions</a>

# Time Schedule - Tentative

All events will be set up to allow for the optimal performances by the athletes

## Field Events

### Javelin, Shot and Discus 3 Prelim Throws - Top 9 to Final for 3 Additional Throws

4:00 pm	Boy's - Shot	5:00 pm	Boy's - Discus
	Girl's - Discus		Girl's - Shot
	Boy's - Javelin		Girl's - Javelin

### Long and Triple Jump 3 Prelim Jumps - Top 9 to Final for 3 Additional Jumps

**Prelims- 4:00 pm - 4:20 pm (Cafeteria)**  
**Finals - 4:30 pm - Reverse Order from Prelims**

4:00 pm	Boy's - Long Jump - Runway 1
	Girl's - Triple Jump - Runway 2

**Prelims - 5:00 pm-5:30 pm - (Cafeteria)**  
**Finals - 5:40 pm - Reverse Order from Prelims**

5:00 pm	Boy's - Triple Jump - Runway 2
	Girl's - Long Jump - Runway 1

### High Jump and Pole Vault

4:00 pm	Boy's - High Jump	5:15 pm	Boy's - Pole Vault
	Girl's - Pole Vault		Girl's - High Jump

## Running Events - Heats - Slow to Fast

4:00 pm	Girl's 3200 Meter Relay - 1 Heat Final	5:31 pm	Girl's 400 Meter Dash - 2 Heat Final
4:12 pm	Boy's 3200 Meter Relay - 1 Heat Final	5:39 pm	Boy's 400 Meter Dash - 2 Heat Final
4:25 pm	Girl's 100 Meter Hurdles - 2 Heat Final	5:44 pm	Girl's 300 Meter Hurdles - 2 Heat Final
4:30 pm	Boy's 110 Meter Hurdles - 2 Heat Final	5:47 pm	Boy's 300 Meter Hurdles - 2 Heat Final
4:35 pm	Girl's 100 Meter Dash- 2 Heat Final	5:49 pm	Girl's 800 Meter Run - 1 Heat Final
4:45 pm	Boy's 100 Meter Dash -2 Heat Final	5:54 pm	Boy's 800 Meter Run - 1 Heat Final
4:52 pm	Girl's 4 x200 Meter Relay - 2 Heat Final	6:00 pm	Girl's 200 Meter Dash - 2 Heat Final
4:58 pm	Boy's 4 x 200 Meter Relay - 2 Heat Final	6:09 pm	Boy's 200 Meter Dash - 2 Heat Final
5:05 pm	Girl's 1600 Meter Run - 1 Heat Final	6:12 pm	Girl's 3200 Meter Run - 1 Heat Final
5:14 pm	Boy's 1600 Meter Run - 1 Heat Final	6:27 pm	Boy's 3200 Meter Run - 1 Heat Final
5:21 pm	Girl's 4 x 100 Meter Relay - 2 Heat Final	6:39 pm	Girl's 4 x 400 Meter Relay - 2 Heat Final
5:26 pm	Boy's 4 x 100 Meter Relay - 2 Heat Final	6:44 pm	Boy's 4 x 400 Meter Relay - 2 Heat Final