

Border War Track and Field Championships

Wednesday, April 17, 2019

Sponsored

by

MICDS High School, and TRXC Timing

Meet Directors:	Jim Lohr – MICDS Track and Field Coach - jlohr@micds.org Rich Schilling - TRXC Timing – rich@trxctiming.com - 314-522-6176
Location:	MICDS High School , Creve Coeur, MO
Rain Date:	Rain date Monday, April 22, 2019
Meet Format:	Meet Format – Meet is Sanctioned by MSHSAA for all Missouri High Schools.
Entry Fees:	\$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 for Individual or relay scratches) Entry fee must be paid online at time of final entry. EXAMPLE: School XYZ - enters the following - (1) 4 x 100 relay, (1) 100 Meter Runner, (2) 400 Meter Runners - Total Entry Fee is \$50.00
Entries:	Unlimited Entries in the Individual Events, (1) One relay per school. Each athlete is limited to (2) two open events plus (1) relay. Only the top 16 performances will be accepted into the meet. Performances that are submitted for consideration must be marks achieved during the 2019 track and field season. All marks will be taken from the TRXC Timing Performance List used for District Entries. Invalid marks will result in disqualification from competition. Meet Management Reserves the Right to Reject any Entries. Entries are due Friday, April 12, 2019 by 5:00 p.m. Online Entries No entries will be accepted after this deadline
Final Entries and Payment (Declaration)	Coaches can manage their roster until Monday, April 15, 2019 at 12:00 noon. Scratches and Changes – You must pay online to be considered. <ul style="list-style-type: none">• Athletes and Relays listed in the top 16 must pay by the Monday, April 15, 2019 at 12 noon as your final declaration.• After 12 noon on Monday, anyone listed in the top 16 who has not paid will be scratched from the meet.• Athletes who are listed 17th or higher will be contacted by meet management to help fill field sizes.
Field Sizes:	Final Field Sizes in events of tied performances for 16th spot will be as follows: Lane Races - 16 athletes or less Distance Races/4 x 800 Relay - Case by Case Bases Field Events - Case by Case Bases
Team Scoring:	NO TEAM SCORING
Awards:	Top three individuals and relays will receive a medal. Medal Design
Spiked Shoes:	1/4" spikes is the allowable size. Athletes with longer spikes will be disqualified.
Equipment Weigh - Ins:	Throwing implements must be weighed-in during the following time schedule, location will be near the shot and discus throwing area Boy's Shot, Girl's Discus, and Boy's Javelin - 3:00 - 3:45 p.m.. Boy's Discus, Girl's Shot and Girl's Javelin - 3:45 - 4:30 p.m. Host will provide house implements. 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).
Trainers:	Athletic trainers will be made available. Please bring your own supplies.
Performance List:	Performance List
Heat Sheets:	Heat Sheets
Height Progressions:	Height Progressions
Entry/Meet Questions:	Rich Schilling - 314-522-6176

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Time Schedule

Tentative May be adjusted after final Entries

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
Girl's - Discus
Boy's - Javelin

5:45 pm Boy's - Discus
Girl's - Shot
Girl's - Javelin

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

Prelims - 4:00-4:45 pm - Cafeteria

Finals - 5:00 pm - Reverse Order from Prelims

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

Prelims - 5:45-6:30 pm - Cafeteria

Finals - 6:45 pm - Reverse Order from Prelims

5:45 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
Girl's - Pole Vault

5:45 pm Boy's - Pole Vault
Girl's - High Jump

Running Events - Heats - Slow to Fast

4:00 pm Girl's 3200 Meter Relay - 1 Heat Final
4:12 pm Boy's 3200 Meter Relay - 1 Heat Final
4:25 pm Girl's 100 Meter Hurdles - 2 Heat Final
4:35 pm Boy's 110 Meter Hurdles - 2 Heat Final
4:45 pm Girl's 100 Meter Dash - 2 Heat Final
4:50 pm Boy's 100 Meter Dash - 2 Heat Final
5:00 pm Girl's 4 x 200 Meter Relay - 2 Heat Final
5:10 pm Boy's 4 x 200 Meter Relay - 2 Heat Final
5:20 pm Girl's 1600 Meter Run - 1 Heat Final
5:10 pm Boy's 1600 Meter Run - 1 Heat Final
5:20 pm Girl's 4 x 100 Meter Relay - 2 Heat Final
5:30 pm Boy's 4 x 100 Meter Relay - 2 Heat Final
5:40 pm Girl's 400 Meter Dash - 2 Heat Final
5:48 pm Boy's 400 Meter Dash - 2 Heat Final
6:00 pm Girl's 300 Meter Hurdles - 2 Heat Final
6:08 pm Boy's 300 Meter Hurdles - 2 Heat Final
6:15 pm Girl's 800 Meter Run - 1 Heat Final
6:20 pm Boy's 800 Meter Run - 1 Heat Final
6:25 pm Girl's 200 Meter Dash - 2 Heat Final
6:30 pm Boy's 200 Meter Dash - 2 Heat Final
6:35 pm Girl's 3200 Meter Run - 1 Heat Final
6:50 pm Boy's 3200 Meter Run - 1 Heat Final
7:05 pm Girl's 4 x 400 Meter Relay - 2 Heat Final
7:15 pm Boy's 4 x 400 Meter Relay - 2 Heat Final