

2024 CCC MEET INFORMATION SHEET

DATES: April 29, 2024

SCHEDULE:

Weigh-in/Scratch Meeting 2:45

Javelin 3:00

Field events 3:30

Running Events: 4:30

1. Coaches need to submit their entries on [MileSplit](#). If you have any questions contact Cody Leonard at cleonard@monroe.k12.mo.us or Kari Williams at knwilliams@monroe.k12.mo.us. Entries are to be completed by no later than **9:00 am, April 29, 2024**. No additions can be made after the deadline. Performance sheets will be sent out the day of the meet and scratches/substitutions can be made prior to noon by emailing Cody or Kari.
2. Entries are limited to 2 participants and 1 relay. Athletes are limited to 4 events per MSHSAA standards.
3. The meet will be scored 10-8-6-5-4-3-2-1. Medals will be given for the first 6 places. A plaque will be awarded to the conference champion in both the boys and the girls division. The top 3 finishers in each individual event and the top 2 relay teams will earn all-conference honors. The top girl and boy individual point winner at the conclusion of the 4x400 Relay will be named CCC Track Athlete of the year.
4. Field events report to the event site when called, all runners will report to the bullpen area at the east end of the track by the concession stand.
5. Shot put, discus, and pole vault will be inspected at the west end of the bleachers upon arrival and will be pooled at the sight. The field event judge will bring the implements to the site.
6. Contestants in the shot put, discus, long jump and triple jump will be given 4 trials (NO FINALS). Long and Triple jump will be run cafeteria style. There will be a 1 ½ hour time limit to complete jumps. Warm ups will begin 30 minutes before each event. *Once the event starts no warm ups will be allowed except between flights.* **Only approved markers will be used alongside the runways (no tape or chalk).**
7. The high jump and pole vault starting heights will be determined by the games committee and meet officials. Only 2 chalk marks allowed on the HJ only and NO “J” MARKS! All other runways must use markers alongside the runways.
8. All jumping and running surfaces are resillite. Spikes must be 3/16” pyramid only. **NO NEEDLE SPIKES** allowed. Spikes will be checked at the bull pen and starting line. Longer spikes will result in disqualification for the athlete or relay team.
9. All contestants must be in proper uniform, according to MSHSAA standards.
10. Athletes themselves are responsible to check into their events; teammates, coaches, or managers are not allowed to check in others athletes. Athletes will not be called to an event. It is their responsibility to return to an event after they leave and check in with the event judge. Athletes must report and check in before the event starts or be subject to disqualification from the entire meet (this includes cafeteria style events).
11. We will be implementing the 15-minute excused absence procedure for field events. Any athlete that leaves a field event must notify the field event judge, and the time will be recorded and the athlete will have 15 minutes to return to their event.
12. We will provide starting blocks.
13. Coaches, managers, and spectators are asked to remain in the unrestricted areas only. Please no spikes in the bleachers.
14. Team camps are to be outside the fence surrounding the track on the southside and west end only.
15. We will be using [TRXC Timing](#) for live results and they will be posting results after the meet.

16. There will be a concession stand provided.

17. Admission will be \$4.00 for adults and \$2.00 for students.

16. No locker rooms will be available.

17. Please stay out of the finish line area.

18. Jury of Appeals will be Coach Mulvaney-Monroe City, Coach Harper-Clark County, Coach Sontheimer-Macon

19. [Click Here](#) to see heat and flight sheets

20. If you have any questions please call Cody Leonard or Machel Pfanner at (573) 735-4626 ext 1113.

21. Games Committee will consist of, Cody Leonard, Kari Williams – Monroe City, and Nick Koettters – Palmyra

2024 CCC MEET
MONROE CITY HIGH SCHOOL

April 29, 2024

ORDER OF EVENTS

SCRATCH MEETING: BEGIN AT 2:45 P.M. IN HIGH SCHOOL GYM

FIELD EVENTS: JAVELIN BEGINS AT 3:00/OTHERS BEGIN AT 3:30 P.M.

GIRLS JAVELIN	BOYS TO FOLLOW
GIRLS SHOT PUT	BOYS TO FOLLOW
BOYS DISCUS	GIRLS TO FOLLOW
GIRLS LONG JUMP	BOYS TO FOLLOW
BOYS TRIPLE JUMP	GIRLS TO FOLLOW
GIRLS POLE VAULT	BOYS TO FOLLOW
BOYS HIGH JUMP	GIRLS TO FOLLOW

FINALS RUNNING EVENTS: 4:30 P.M.

* Girls will be first followed by boys

4 x 800 M RELAY

100/110 M HIGH HURDLES

100 M DASH

4 x 200 M RELAY

1600 M RUN

4 x 100 M RELAY

400 M DASH

300 M INTERMEDIATE HURDLES

800 M RUN

200 M DASH

3200 M RUN

4 x 400 M RELAY