

CMAC TRACK & FIELD CHAMPIONSHIP

MEET INFORMATION

Date: Saturday, April 20, 2024

Site: Capital City High School

Address: 1650 Cavalier Dr, Jeff City, 65109

Head Coach: Scott Gschwender

Contact Information:

Phone: 573-999-0397

Email: scott.gschwender@jcschools.us

Activities Director: Robert Ndessokia

Contact Information:

Email: robert.ndessokia@jcschools.us

Entries:

Varsity – 2 entries per event and 1 relay

JV – 2 entries per event and 1 relay

Declarations:

You may enter your athletes in their events at [Mile Split](#). You can enter your athletes anytime after Monday April 8th at Midnight Entry registration close on Friday April 19th at 9AM. Scratches only will be allowed the day of the meet.

Coaches Meeting/Games Commitee:

Coaches will meet at 8:30 AM in the film room. Use the entrance near the finish line. Games Commitee will consist of Hickman, Battle, and Smith Cotton.

Scoring and Awards:

Points will be awarded to the top 8 places in each individual event (10-8-6-5-4-3-2-1) and the top 8 places in relays (10-8-6-5-4-3-2-1). Varsity medals will be given to the top three places for individual and relay events. Plaques will be given to the top boys and girls team. JV medals will be giving to the top three places.

Running Event Notes:

All running events will be run in the following order:

JV Girls, Varsity Girls, JV Boys, Varsity Boys.

Running event check in will be located at the middle of the football field.

Field Event Notes:

Field events will be cafeteria style with 4 trials and will have a strict 1 hour and 30-minute time limit, with a 30-minute warm up period before. Races with multiple heats will be seeded according to the times you enter, with the fastest times in the final heat. Places will be determined by the best time overall, regardless of heat.

Weights and Measures:

Throwing implements will need to be certified prior to the event. This will be located under the bleachers on the south-east side of the stadium (hospital side). Implement inspection will open at 7:30 AM. For athletes completing in 9:00 AM throwing events, please plan to be there early for implement weigh in. For athletes in later throwing events, please wait to check in implements after 9:00 AM. All implements should be checked in before 9:45 AM

Pole Vault Pole Check in:

There will be pole vault pole check in for VARSITY GIRL vaulters starting at 7:45 AM. Since this is the first vaulting event, only these athletes should plan to check their poles in at this time. ALL remaining vaulters will be able to check their poles in at 9:00 AM. Pole vault pole check in will be located next to the pole vault mats (see facility map).

Time Limit for Overlapping Events:

For athletes in overlapping events, we will allow a 15-minute time period to leave, complete the other event and return for an attempt (ie. Pole vaulter leaving the vault competition to run the 100m).

Results:

Live results will be available through [TRXC Timing](#). Links will be posted at the meet. Final results will be emailed the next morning and posted on MOMileSplit.com

Team Tent Area:

Tents may be placed outside the fenced area along the back stretch. See facility map for reference.

Warm-ups:

There will be designated areas for warm-ups inside the track on the main football field or you may warm up on the soccer field located behind the grandstands.

Concession Stand:

Concession stands will be available.

Hospitality:

Coaches hospitality will begin at 11:30 a.m. This will be located on the south side of the facility in the film room (same location as the coaches meeting).

Timers: TRXC Timing

Parking:

Your team bus should park north-west (orange star on map) of the track in the west parking lot by the School. You may drop your team off at the bottom parking lot by the stadium ("parking" on map) off of Mission Dr., but only for drop off. Please refer to the map attached.

Running Surfaces:

All weather rubber 400m eight lane track. 3/16" or smaller pyramid spikes are to be worn. All jump runways and javelin runway are the same surface as the track. **Use of longer spikes will result in your athlete being disqualified.**

Performance List:

[Click Here](#) to see the Heat/Flight Sheets

Notes:

- **Entries should be entered on MoMileSplit.**
- As a reminder, no overlapping JV and Varsity athletes in your entries. If an athlete competes in one of the divisions, they can't compete again in the other division.
- Weights and Measures Check in will take place from 7:30 AM – 9:45 AM. The morning throws will check-in implements as soon as possible after your arrival and no later than 8:30 AM. Afternoon throws will need to have implements checked in prior to 9:45 AM. Implements will be pooled for each competition and delivered to the venues for warm up, once in the morning and once in the afternoon.
- Pole Vault Poles will have a single check in time – 7:45 – 9:30. We ask that all varsity girl vaulters check their poles in at 7:45 AM so that the competition is not delayed for this process.
- We will try to keep to the posted schedule but if we get behind, we will start a rolling schedule. An announcement will be made if this is necessary.
- We will have lunch for the coaches. These can be picked up on the southeast side of the stadium in the film room (where the coaches meeting was held).
- The team tent areas will be located around back stretch of the track in the grass area between the hill and track. Please see the attached map for the location of the team areas.
- Please help keep athletes off the infield unless they are warming up or checking in for their event.

2024 CMAC Track and Field Championships Schedule

7:30 AM – 9:45 AM– Weights and Measures Check In:

Morning throws: Please check-in implements as soon as possible after your arrival and no later than 8:30 am

Afternoon throws: Please check in ALL implements by 9:45 am

Implements will be pooled for each competition and delivered to the venues for warm up, once in the morning and once in the afternoon.

8:00 AM – 9:30 AM– Pole Vault Pole Certification

VARSITY GIRLS POLE VAULT CHECK IN starts @ 7:45 AM at the site of the event

FIELD EVENTS SCHEDULE *(all field events will have a 30-minute warm up period)*

9:00 AM	11:00 AM	1:00 PM	3:00 PM
Varsity Girls PV	JV Girls PV	Varsity Boys PV	JV Boys PV
JV Boys LJ	Varsity Boys LJ	JV Girls LJ	Varsity Girls LJ
JV Girls TJ	Varsity Girls TJ	JV Boys TJ	Varsity Boys TJ
Varsity Boys HJ	JV Boys HJ	Varsity Girls HJ	JV Girls HJ
JV Girls Shot	Varsity Girls Shot	JV Boys Shot	Varsity Boys Shot
Varsity Boys Discus	JV Boys Discus	Varsity Girls Disc	JV Girls Discus
Varsity Girls Javelin	JV Girls Javelin	Varsity Boys Javelin	JV Boys Javelin

RUNNING EVENTS SCHEDULE

ALL RUNNING EVENTS ARE JV FOLLOWED BY VARSITY

9:30 AM	Girls 4x800 Relay	2 Heats
10:00 AM	Boys 4x800 Relay	2 Heats
10:30 AM	Girls 100 Hurdles	4 Heats
10:45 AM	Boys 110 Hurdles	4 Heats
11:00 AM	Girls 100 Dash	4 Heats

11:10 AM	Boys 100 Dash	4 Heats
11:20 AM	Girls 4x200 Relay	2 Heats
11:35 AM	Boys 4x200 Relay	2 Heats
11:55 AM	Girls 1600 Run	2 Heats
12:15 PM	Boys 1600 Run	2 Heats
12:35 PM	Girls 4x100 Relay	2 Heats
12:50 PM	Boys 4x100 Relay	2 Heats
1:05 PM	Girls 400 Dash	4 Heats
1:20 PM	Boys 400 Dash	4 Heats
1:35 PM	Girls 300 Hurdles	4 Heats
1:50 PM	Boys 300 Hurdles	4 Heats
2:05 PM	Girls 800 Run	2 Heats
1:20 PM	Boys 800 Run	2 Heats
2:35 PM	Girls 200 Dash	4 Heats
2:50 PM	Boys 200 Dash	4 Heats
3:05 PM	Girls 3200 Run	2 Heats
3:45 PM	Boys 3200 Run	2 Heats
4:25 PM	Girls 4x400 Relay	2 Heats
4:45 PM	Boys 4x400 Relay	2 Heats