



## Camdenton High School

Activities Office

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**Ozark  
Conference**

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### **Carl Hunter-John McNabb Laker Relays**

**April 11, 2024**

Camdenton Head Coach      Nick Bruck      [nbruck@camdentonschools.org](mailto:nbruck@camdentonschools.org)

Coach Carl Hunter (boys) and Coach John McNabb each coached their teams to a State Championship during their tenure at Camdenton. Each coach left their mark on Camdenton Track & Field lore but more importantly on T&F athletes. This yearly event is named in their honor as a reminder that their influence on athletes and impact on the sport is ongoing and never forgotten.

#### **Participating**

**Schools:** Blair Oaks, California, Camdenton, Climax Springs, Clinton, Fulton, Helias, Hillcrest, Lebanon, Mack's Creek, Marshfield, Osage, Smith-Cotton, Versailles, Waynesville.

**Starter:** David Allen

**Scoring:** Will be 10-8-6-5-4-3-2-1

**Entry Fee:** 125. – boys,  
125. – girls.  
**250. – total.**

**Heat/Flight:** [Click Here](#) to see heat and flight sheets.

**Awards:** Medals will be given to the top 3 places in each event. Team trophies will be given to the 1<sup>st</sup> place teams.

#### **Meet**

**Entries:** TRXC is timing this event. Stay tuned for updated deadlines.

**All entries will be made online using [momilesplit.com](https://momilesplit.com).**

Entry questions email [Paul Golian](mailto:Paul Golian) – [TRXC Timing](#)

You are allowed 3 entries per event.

**Entries are due no later than 9:00 am April 11.**

### **3:30 Coaches Meeting**

### **3:45 Field Events**

Discus	girls/boys to follow – 4 throws – 2 flights
Shot Put	boys/girls to follow – 4 throws – 2 flights
Long Jump	girls/boys to follow – 4 attempts – cafeteria style
Triple Jump	boys/girls to follow – 4 attempts – cafeteria style
High Jump	girls/boys to follow
Pole Vault	girls/boys to follow – 5 alive
Javelin	boys/girls to follow

### **4:00 Running Events**

- Girls will precede boys
- No preliminaries; all heats against time
- All runners should report to the bullpen when called
- No spikes in bleachers
- Fast heat will run last
- No tape on track or runway
- 3/16 or smaller pyramid spikes only; no needles

### **Order of Events**

4x800	Relay
100/110	Hurdles
100	Dash
4x200	Relay
1600	Run
4x100	Relay
400	Dash
300	Hurdles
800	Run
200	Dash
3200	Run
4x100	Throwers Relay
4x400	Relay