



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

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 assisted by ??

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 1st place teams.

Meet

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

All entries will be made online using momilesplit.com.

You are allowed two 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
4x400	Relay

All Entries will be made online thru momilesplit.com.