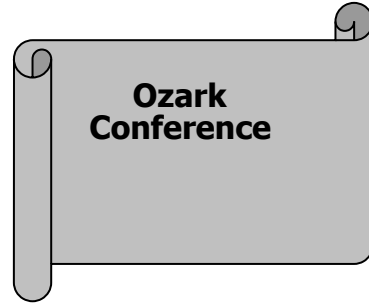




Camdenton Middle School

Activities Office
88 Laker Dr.
Camdenton, Missouri 65020



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Middle School Laker Relays April 18, 2024 3:45pm

Please note, this year we are using the mo.milesplit.com website to manage all entries in our meet. Entries are due no later than Thursday, April at 9AM

You can enter the athletes on mo.milesplit.com

Live Results: trxctiming.com

Participating Schools: Camdenton, Thomas Jefferson, Osage, Lebanon, Marshfield, Lewis and Clark, Waynesville, Rolla

Starter: Berryessa

Entry Fee: 80.00 per grade (160.00 for both 7th and 8th grades). Two entries per event are allowed

Awards: Medals will be given for 1st – 3rd places in each event. Team plaques will be given for first place in each division.

Scoring: Top eight will be scored (10-8-6-5-4-3-2-1).

Coaches Meeting: Will begin at 3:30pm in the freshmen football locker room directly behind the stadium.

Spikes: Must be 1/8 or 3/16 inch pyramids (no needles).

Track and Runway marks: Please do not use tape on the track or runway surfaces.

Long and Triple Jumps: Cafeteria style with 3 jumps.

Shot and discus: Cafeteria style with 3 throws.

Hospitality Room: Will be located inside the freshmen locker room, for coaches and drivers.

Meet Program: [Click Here](#) for Heat/Flight sheets

Field Events
To begin at 3:45

| | |
|-------|-------------|
| Girls | Discus, |
| Girls | Pole Vault |
| Girls | Triple Jump |
| Boys | Shot, |
| Boys | High Jump |
| Boys | Long Jump |
| | |
| Boys | Discus, |
| Boys | Pole Vault |
| Boys | Triple Jump |
| Girls | Shot, |
| Girls | High Jump |
| Girls | Long Jump |

****Please be sure athletes report on time and inform the judges if they will be leaving for a running event.**

Please note, in the pole vault 7/8 boys will vault together if numbers permit and the same with girls.

Running Events
Start Time 4:30pm

| | |
|-----------------------|--------------|
| 7 th Girls | 3200m Relay |
| 8 th Girls | 3200m Relay |
| 7 th Boys | 3200m Relay |
| 8 th Boys | 3200m Relay |
| 7 th Girls | 100m Hurdles |
| 8 th Girls | 100m Hurdles |
| 7 th Boys | 100m Hurdles |
| 8 th Boys | 100m Hurdles |
| 7 th Girls | 100m Dash |
| 8 th Girls | 100m Dash |
| 7 th Boys | 100m Dash |
| 8 th Boys | 100m Dash |
| 7 th Girls | 800m Relay |
| 8 th Girls | 800m Relay |
| 7 th Boys | 800m Relay |
| 8 th Boys | 800m Relay |
| 7 th Girls | 1600m Run |
| 8 th Girls | 1600m Run |
| 7 th Boys | 1600m Run |
| 8 th Boys | 1600m Run |
| 7 th Girls | 400m Relay |
| 8 th Girls | 400m Relay |
| 7 th Boys | 400m Relay |
| 8 th Boys | 400m Relay |
| 7 th Girls | 400m Dash |
| 8 th Girls | 400m Dash |
| 7 th Boys | 400m Dash |
| 8 th Boys | 400m Dash |
| 7 th Girls | 800m Run |
| 8 th Girls | 800m Run |
| 7 th Boys | 800m Run |
| 8 th Boys | 800m Run |
| 7 th Girls | 200m Dash |
| 8 th Girls | 200m Dash |
| 7 th Boys | 200m Dash |
| 8 th Boys | 200m Dash |
| 7 th Girls | 1600m Relay |
| 8 th Girls | 1600m Relay |
| 7 th Boys | 1600m Relay |
| 8 th Boys | 1600m Relay |

MS Track Coach
MS Asst. Principal

Par Pitts
Shawn Maschino

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