



2022
"CAPE INVITATIONAL"
HOSTED BY CAPE CENTRAL HIGH SCHOOL

HEAD COACH'S **PHONE:** 573-587-0221
ATHLETIC DIRECTOR'S **PHONE:** 573-335-8467 **FAX:** 573-334-1114

Coaches and Athletic Directors,

The following information concerns the **"CAPE INVITATIONAL,"** a high school Track and Field Meet, to be held **SATURDAY, APRIL 23, 2022,** at Cape Central Tiger Stadium. **Online Entry at TRXC**

ENTRY FEE: **\$175.00** Men **\$175.00** Women **\$350.00** for Both
\$15/Individual

Entry fee must be paid at packet pick-up or mailed at an earlier date. Make checks payable to: Central High School

Performance List: Performance list generated by Mo.Milesplit and [TRXC Timing](#)

COACHES MEETING: Meeting will take place at 9:00 A.M. at the patio area by the concession stand. Each team must have one representative present.

Entries: **Coaches can manage their entries through Friday, April 22 until 9A.M. [Online Entries](#)**

Scratches/Changes: **Scratches and changes will ONLY be allowed to be made until 9:00AM on Friday the April 22nd.**

All entries will be done on [Mo.milesplit](#) and will be managed by TRXC

SCORING: 10-8-6-5-4-3-2-1

SEEDING: Heats/Flights will be seeded by time and distances entered. All running events will be scored as "heats against time." There will be **NO PRELIMS!** We'll heat by times; the last heat will be considered the "hot heat!"

AWARDS: In Track Events/Track Relays, medals will be awarded to each athlete/relay team that finishes in the top 3.
Plaques will be awarded to the top two teams in both boys and girls.

GAMES COMMITTEE: All coaches not involved in the occurrence that needs to be adjusted

RUNNING SURFACE: Tartan 400m eight lane track. 1/4" spikes are to be used or smaller. Jump runways are the same surface. USE OF LONGER SPIKES WILL RESULT IN YOUR ATHLETE BEING DISQUALIFIED.

WORK ASSIGNMENTS: Central High School will try and provide all necessary workers in order to allow coaches the opportunity to concentrate on the coaching and supervision of their athletes.

We have assigned schools as "relay exchange judges" for sprint relays, in which case each school assigned will provide 2 coaches at each exchange point.

Relay Exchanges

4x100 1st TBD

4x200 1st & 3rd TBD

4x400 and 4x800 Cape and official

CONCESSIONS: Will be available for purchase and open from 11-3 or when sold out Pizza, Candy, Chips and Drinks will be available

HOSPITALITY ROOM/ Will be open to all officials, coaches, workers, and bus drivers.

Concession ticket: From Coach Sheridan

TEAM TENTS: Tents may be placed in the grass area along the North or South ends of the track. Teams may also use the East side visitor bleachers.

Time Schedule: **Time Schedule is approximate**

FIELD EVENTS

9:30 AM

Pole Vault (Women's Pole Vault will be first followed by the Men's)

10:00 AM

Men's Shot Put first followed by the women's shot put

Women's Discus first followed by the men's discus

Men's Long Jump (4 trials allowed; 90-minute time limit for athletes to get jumps in)

Women's Triple Jump (4 trials allowed; 90-minute time limit for athletes to get jumps in)

Women's High Jump

Women's Javelin This will be a grass runway and run cafeteria style. (90-minute time limit for athletes to get throws in)

12:00 PM

Men's Triple Jump (4 trials allowed; 90-minute time limit for athletes to get jumps in)

Women's Long Jump (4 trials allowed; 90-minute time limit for athletes to get jumps in)

Men's High Jump

Men's Javelin (90-minute time limit for athletes to get throws in)

TRACK EVENT FINALS

10:00 AM

Co-ed Shuttle hurdle relay(Unscored)
Women's 3200 Meter Relay (4 X 800)
Men's 3200 Meter Relay (4 X 800)
Women's 100 Meter Hurdles
Men's 110 Meter Hurdles
Women's 100 Meter Dash
Men's 100 Meter Dash
Women's 800 Meter Relay (4 X 200)
Men's 800 Meter Relay (4 X 200)

11:00-11:45 Lunch Break

11:45 PM

Women's 1600 Meter Run
Men's 1600 Meter Run
Women's 400 Meter Relay (4 X 100)
Men's 400 Meter Relay (4 X 100)
Women's 400 Meter Dash
Men's 400 Meter Dash
Women's 300 Meter Hurdles
Men's 300 Meter Hurdles
Women's 800 Meter Run
Men's 800 Meter Run
Women's 200 Meter Dash
Men's 200 Meter Dash
Women's 3200 Meter Run
Men's 3200 Meter Run
Women's 1600 Meter Relay (4 X 400)
Men's 1600 Meter Relay (4 X 400)