

2021  
“Cape Central Jr. High Invitational”  
Hosted by CJHS @ Central High School

Head Coach's Phone: 573-450-1922  
Athletic Director's Phone: 573-382-2209

Coaches and Athletic Directors,

The following information concerns the “Cape Central Jr. High Invitational,” a Jr. High Track and Field meet to be held **Friday April 30, 2021** at Central High Schools TIGER STADIUM.

Entry Fee:     \$65.00 BOYS             \$65.00 GIRLS             \$130.00 for Both  
                    \*Entry fee may be paid prior to the meet or via check the day of the meet.

Order of Events:

4:00PM	4:00-5:00	Long Jump	(B&G Cafeteria style)
G/B 100m Hurdles	5:00-6:00	Triple Jump	(B&G Cafeteria style)
G/B 100m Run	4:00	High Jump	(G open: 4'-0")
G/B 4x200m Relay			(B open: 4'-6")
G/B 1600m	4:00	Pole Vault	(B open: 6 - 0")
G/B 4x100m Relay			(G open: 5 - 0")
G/B 400m Run	4:00	Shot	(Boys / Girls)
G/B 800m	4:00	Disc	(Girls / Boys)
G/B 200m			
G/B 4x400m Relay			

**\*\*Starting heights can be discussed at scratch meeting.**

Coaches Meeting:             Meeting will take place at 3:15 pm at the patio area by the concession stand. Each team must have at least one coach present.

Entries:                         **Coaches can manage their entries through Thursday, April 29 until 3pm. [Online Entries](#)**  
Entries will be limited to **2 athletes** per school in open track events/field events and **1 relay team** per school in each track relay.

Scratches/Changes:             **Scratches and changes will ONLY be allowed to be made until 9:00AM on Friday April 30<sup>th</sup>.**  
There will be **NO ADDITIONS** after 9:00am on meet day. Scratches only at the 3:15 coaches meeting.

Entry Questions:             Rich Schilling – [rich@trxctiming.com](mailto:rich@trxctiming.com)     314-522-6176  
Scoring:                         10-8-6-4-3-2-1 (Score 7 Places)

Seeding: Heats/Flights will be seeded by times and distances entered. All running events will be scored as “heats against time.”  
There will be **No Prelims**. The last heat will be considered the “fast heat.”

Medals will be awarded to the top **3 finishers** in each event.  
1<sup>st</sup> place plaques will be awarded to the winning team in the boys and girls divisions.

Games Committee: TBA

Running surface: Tartan 400m 8 lane track. 3/16” spikes or smaller are to be used. Jump runways are the same surface. **USE OF LONGER SPIKES WILL RESULT IN DISQUALIFICATION.**

Concessions: Concessions will be available for purchase

Hospitality Room: Will be open to all officials, coaches, and bus drivers.

Team Seating: Visiting teams are asked to set up camp in the visitor’s bleachers on the East side of the track.