

2021 CMAC Track & Field Championships

Date: Saturday, April 24th, 10:00 a.m.

Site: Jennie Jaynes Stadium, Smith Cotton High School

Entries: There will be a 2 entry limit for all individual events and a 1 entry limit for relays in the Varsity Division.

Declarations: You may enter your athletes in their events at [MoMileSplit](#) **Entry deadline is 6:30 p.m. April 22nd**. Scratches and changes can be made until **9:00 a.m. on April 23rd**. **Scratches only will be allowed the day of the meet.**

Meeting: Coaches will meet in the football field house at 9:30 for a scratch meeting.

Awards: Points will be awarded to the top 7 places in each individual event (10-8-6-4-3-2-1) and the top 7 places in relays (10-8-6-4-3-2-1). Medals will be given to the top three places for individual and relay events. Plaques will be given to the top boys and girls team.

Results: Results will be emailed the next morning and posted on MOMileSplit.com

Event Notes: All running events will be run girls followed by boys. Field events will be cafeteria style with 4 trials beginning at 10:00 and having a 1 hour and 30 minute time limit. Races with multiple heats will be seeded according to the times you enter, with the fastest times in the final heat. Places will be determined by the best time overall, regardless of heat.

Dressing Facilities: Please come dressed the locker rooms will not be open to the public.

Covid Protocols: Attending teams will need to sit in the lower section of the South bleachers. Spectators need to sit in the upper section of the South bleachers. Please wear a mask when you cannot maintain distancing guidelines. When sitting within household groups you may remove your mask. There is no limit on the number of spectators.

Concession Stand: There will be a concession stand open if your athletes need food.

Hospitality: Coaches hospitality will begin at 11:30 a.m.

Timers: TRXC Timing

Field Event Assignments: (Please provide 2 adults to run the event, SC will provide helpers)

Shot Put (NW of Stadium):	Jefferson City
Discus (NW of Stadium):	Battle
High Jump (West end of Track):	Smith Cotton
Long Jump (West of Stadium):	Rock Bridge
Triple Jump (West of Stadium):	Helias
Pole Vault (West of Stadium):	Hickman
Javelin (North of Stadium)	Capital City

Starters: Mike Barner, Bill Hagedorn, Sue Duree

Games Committee: All Head Coaches for the gender concerned.

Contact Information:

Rob Davis 660-851-5307 (W), davisr@sedalia200.org

Brad Hagedorn 660-287-1136 (W), hagedornb@sedalia200.org

Order of Events

COACHES MEETING @ 9:30 a.m. East D Zone

Field Events begin at 10:00/12:00

(1 hr 30min. time limit, 4 attempts, no finals)

High Jump (Boys then Girls)

Triple Jump (Girls then Boys)

Long Jump (Boys then Girls)

Pole Vault (Girls then Boys)

Shot Put (Girls then Boys)

Discus (Boys then Girls)

Javelin (Girls then Boys)

Running Events begin at 12:00

4x800M Relay (1 Turn Stagger)

100M High Hurdles

110M High Hurdles

100M Dash

4x200M Relay

1600M Run

4x100M Relay

400M Dash

300M Low Hurdles

300M Intermediate Hurdles

800M Run

200M Dash

3200M Run

4x400M Relay