



EMO Conference Invitational

Hosted by Wright City HS

May 2nd, 2023

Teams competing: Wright City, Clopton, Louisiana, Silex, Wellsville, Van-Far, Montgomery, North Callaway, Elsberry, Mark Twain, Bowling Green

1. Coaches meeting at 3:00 At the Finish Line – Scratches Only
2. Track Time – Field Events 3:30 – Running Events 4:30
3. Buses will park by practice fields opposite of the field house.
4. Enter athletes in <https://mo.milesplit.com> , Tuesday May 2nd at 9:00am
5. ¼ inch spikes or less
6. Athletes are limited to 4 events
7. Schools are limited to 2 entries per event, 1 per relay.
8. Scoring – we will score 8 places in all events (10-8-6-5-4-3-2-1)
9. Awards – Top 6 in individual events and top 3 relay teams will receive medals. Plaques for the top team in Boys and Girls.
10. Medals and results will be given to the coaches at the end of the meet.
11. Those who finish 1st and 2nd will be considered all conference.
12. Coaches will meet in the press box after the meet to vote on speciality All conference Positions.
13. We will have a certified trainer present at the event.
14. [Click Here](#) to see heat and flight sheets
15. Live Result at [TRXC Timing](#)
16. Restrooms are by the concession stand. Athletes should come dressed. **The High School is off limits.**
17. We will have a concession stand open and available throughout the meet.
18. Team camp can be in grass space outside of the track. We will save the bleachers for family and fans.
19. Spikes are not permitted in the bleachers.
20. **Please make sure no one is on the infield for any reason.**
21. Competitors must wear official school uniforms.
22. We will provide starting blocks.
23. Starting height for high jump and pole vault will be determined by the games committee.
24. A gate entry fee of \$3.00 for adults and \$2.00 for students will be in effect for all spectators.
25. Coaches will be restricted to coaches boxes
26. Rules committee will consist of Wright city, Bowling Green, Montgomery Co, head coaches

Field Events – 3:30

Girls discus followed by boys 4 throws 2+2

Boys shot put followed by girls 4 throws 2+2

Boys long jump followed by triple jump on the West runway and girls long jump followed by Triple Jump on the East runway 4 jumps

Boys Pole Vault followed by girls

Girls High Jump followed by boys

Running Events – 4:30 Bullpen is located at the North end of track