

## **Hazelwood Middle School Track Meet (2 Championship)**

**Venue:** Hazelwood Central High School 15875 New Halls Ferry Road, Florissant, MO 63031

**Meet Entry:** Entries will open Monday, April 22nd, 2024, at 12:01 a.m. and are due Thursday, May 2nd, 2024, at 9:00 a.m. You must submit entries using [MileSplit](#)

**FAT Timing:** [TRXC Timing](#)

**Coaches Meeting:** A mandatory coach meeting is at the finish-line corner of the track at 5:15 PM. Scratches in running events will need to be done at this meeting to rearrange heats that may become too small; no substitutions are allowed on the meeting day. Scratches for the field events can be done at the event itself.

**Team Camps:** Team camps will be located in the stands or outside the track. Teams are expected to keep their camps clean and trash-free during and after the competition. Teams are not allowed to camp on the inside of the track.

**Medical Trainer:** **An athletic trainer will be on site to see athletes for injuries. I don't know** when they will be available, so your teams and coaching staff should take care of any pre-meet attention.

**Heat/Flights:** [Click Here](#) to see heat and flight sheets

**Scoring:** For team rankings, we will score eight places (10-8-6-5-4-3-2-1), and athlete awards will go to 1st through 5th places in the individual events and 1st through 5th in the relays.

**Running Event Check-in:** Athletes must report to the Check-In Table on the inside of the track near the finish line. This must be done at least 20 minutes prior to the start of their running event. We will then stage heats in the track's 100-meter start corner so that runners can be organized into their lane assignments and walk directly onto the track to prepare for the race. Several meet workers will be in this zone to properly clear athletes so they may cross over the track into the staging area. No one other than the designated runners is allowed into the staging area! No one other than athletes actively competing in running events is allowed to cross the finish area during the meet! Runners who have finished their race will be guided to the inner area of the track, where they can recover before returning to their team camp.

**Warming Up:** Athletes warming up should stay clear of any competition areas. No warm-ups in the middle of the track

**Event Help:** We may ask visiting programs and coaches to help with various jobs to keep the meeting running smoothly. If you see we could help, please don't hesitate to volunteer!

**Concessions:** Concessions will be available to purchase at the meet. We will offer a variety of dinner choices as well as various snacks and drinks. Jacksonville also has various dine-in and fast food options for families leaving the meet early or teams needing to stop before driving back home. Many restaurants are located along Morton Ave., only two blocks from the Bruner Fitness Center.

**Results:** Complete results will be available to coaches through out the meet at [TRXC Timing Live Results](#)

**Meet Protocol:** The Long Jump will start at 5:30 p.m. and will be an open 75-minute cafeteria-style event with four jumps per athlete and no finals. The shot put will also be an open 75-minute cafeteria event with four Throws and no finals.

**Meet Questions:** Dr. Randy Helms [rhelms@hazelwoodschoools.org](mailto:rhelms@hazelwoodschoools.org).

**Entry Questions:** Paul Golian – TRXC Timing – [paul@trxctiming.com](mailto:paul@trxctiming.com)

## Field Events

5:30 pm      Girls Long Jump – (75 Minute Cafeteria)  
                 Boys Shot Put  
                 6th & 7th-grade Shot Put  
                 Girls Shot Put  
                 6th & 7th-grade Long Jump  
                 Boys Long Jump

## Running Events

5:30 pm

- 100 m.** Girls (no more than 3 Per team)
- 100 m.** 6th & 7th Grade Boys (no more than 3 Per team)
- 100 m.** 8th Grade Boys (no more than 3 Per team)
  
- 400 m.** Girls (no more than 3 Per team)
- 400 m.** 6th & 7th Grade Boys (no more than 3 Per team)
- 400 m.** 8th Grade Boys (no more than 3 Per team)
  
- 1600 m.** Girls (unlimited)
- 1600 m.** 6th & 7th Grade Boys (unlimited)
- 1600 m.** 8th Grade Boys (unlimited)
  
- 4 X 100 m. Relay**  
Girls (One Team)  
6th & 7th Grade Boys (One Team)  
8th Grade Boys (One Team)
  
- 800 m.** Girls(no more than 4 Per team)
- 800 m.** 6th & 7th Grade Boys (no more than 4 Per team)
- 800 m.** 8th Grade Boys (no more than 4 Per team)
  
- 200 m.** Girls (no more than 4 Per team)
- 200 m.** 6th & 7th Grade Boys (no more than 4 Per team)
- 200 m.** 8th Grade Boys (no more than 3 Per team)
  
- 4 X 400 m. Relay**  
Girls (One Team)  
6th & 7th Grade Boys (One Team)  
8th Grade Boys (One Team)