



MISSOURI MIDDLE SCHOOL TRACK & FIELD CHAMPIONSHIPS

April 29th, 2023

- Site:** Southwest Baptist University in Bolivar, MO
- Entry Process:** TRXC Timing will be handling timing and managing entries via MoMileSplit
Entries are due **by Friday, April 28th at 9:00 AM**. Scratches are due by this time as well.
[Entry Link](#)
- Performance List:** [Large School](#) [Small School](#)
- Heat/Flight Sheets:** [Large School](#) [Small School](#)
- Entry Fee:** \$25 per athlete, with a maximum of \$175 per team – per gender. All checks must be made out to **Hermitage Schools**. Please bring checks to registration or have them sent in prior to the meet day. Entry fee is based on number of athletes entered, not the number of athletes who compete.
- Divisions:** **Small School** – Class 1 & 2
Large School – Class 3, 4, & 5
**** This may change based on numbers as of 4-1-2023...we could move Class 3 to Large school division if not enough Class 4 & 5.**
- Entry Limits:** Running Events: 2 entries per event – 1 relay per team
Field Events: 2 entries per event
- Event Seeding:** To ensure a quality meet and appropriate heat placement, please enter your athletes at their “**actual**” best mark for the year, not their goal mark.
- Packet Pickup:** Coaches need to pick up their packets once they arrive before the coaches meeting.
All scratches will be done online prior to arriving. (No additional entries)
- Coaches Meeting:** Coaches meeting will be at 9:30 AM on the infield next to the check-in tent
- Awards:** 1st, 2nd, 3rd and 4th place teams will receive Championship plaques
Championship medals to top 8 in all events

- Results:** Will be posted online at trxctiming.com
- Live Results:** <https://liveresults.trxctiming.com/>
- Team Camps:** Team camps outside the track only. Teams can be in stands, just no tents allowed.
Only athletes warming up and coaches are allowed on infield in designated areas on Infield due to the pole vault being located on the infield.
- Concessions:** Concessions will be sold on the Southwest side of the track
- T-Shirts:** Missouri Middle School Track & Field Championship apparel will be sold next to the concession stand. **Fine Designs** will be providing these items.
- Hospitality:** All coaches listed on MSHSAA will receive a ticket/voucher for a meal at the Concession stand. Bus drivers will also receive a ticket.
- Electronics:** All electronic devices are prohibited on the track or in the infield. Violators will be disqualified. *Exception, Coaches may utilize electronic devices in Coaching Boxes.*
- Admission:** Admission to the event is \$5 per person. Children younger than 10 are free.
- Parking:** Drop off and team parking will be next to the Mellers Dining Commons (Signs will be located by lot). Buses will drop off and pick up at this parking lot. **Don't drop off at the track!**
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- Entry Questions:** Rich Schilling – 314-713-0583 – rich@trxctiming.com
- Meet Directors:** Mark Sabala – 417-399-6147 – msabala@hermitage.k12.mo.us
- Facility Director:** Corey McElhaney – 417-328-2078 – cmcelhaney@sbuniv.edu



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9:30 AM Coaches Meeting @ the check-in tent on the infield

Field Events

10:00 AM Girls Shot Put – followed by Boys Shot Put **upper field behind stands*
10:00 AM Girls Pole Vault – followed by Boys Pole Vault **infield on raised runway*
10:00 AM Boys High Jump – followed by Girls High Jump
10:00 AM Boys Discus – followed by Girls Discus **upper field behind stands*
10:00 AM Girls Long Jump – followed by Boys Long Jump **upper field behind stands*
10:00 AM Boys Triple Jump – followed by Girls Triple Jump **upper field behind stands*

Running Events – (Rolling Schedule)

10:30 AM Girls 100 meter hurdles
Boys 100 meter hurdle
Girls 100 meter dash
Boys 100 meter dash
Girls 4x200 meter relay
Boys 4x200 meter relay
Girls 1600 meter run
Boys 1600 meter run
Girls 4x100 meter relay
Boys 4x100 meter relay
Girls 400 meter dash
Boys 400 meter dash
Girls 800 meter run
Boys 800 meter run
Girls 200 meter dash
Boys 200 meter dash
Girls 4x400 meter relay
Boys 4x400 meter relay

****Athletes will be seeded based on time/mark regardless of division. We will separate athletes out for scoring/overall placement for divisions. This will allow for the most competitive meet for everyone.***