

Tri-County Meet

Monday, April 22, 2024 (Rain Date April 23rd)

Teams: Central, Mater Dei, Wesclin, Carlyle, Christ Our Rock, Greenville, Nashville, Okawville

GENERAL INFORMATION:

Set up camps must stay outside the track. All entries must be entered on athletic.net by **9:00 AM on Monday, April 22nd**

This event will be F.A.T. by [TRXC Timing](https://www.trxc.com)

Central will handle all Field Events

Pole Vault will be included.

Shot/Discus/Long Jump/Triple Jump - 4 attempts no finals.

High Jump starts at 4' Girls 5' Boys Increments - decided at scratch meeting.

Girls Shot and Boys Discus first.

Long Jump and Triple Jump (Girls and Boys together)

Girls High Jump followed by Boys High Jump

Boys Pole Vault followed by Girls Pole Vault

Starting Blocks will be provided, if needed. Runners' spikes must not be longer than 1/8 inch.

No Tape allowed on all weather track surfacing or the jumping areas. Bring tennis balls, chalk, or beanbags.

We will have extras if you do not have any. **Tape will result in disqualification.**

Time Frames

| | |
|-----------------|---------|
| Scratch Meeting | 3:15 |
| Field Events | 3:30 |
| Running Events | 4:30 PM |

Scoring: Individuals 10-8-6-4-2-1 Relays 10-8-6-4-2-1

Entry fee: \$300.00 per school (Boys and Girls) or 25.00 per runner. (Mail to Athletic Director at Central High School prior to April 22nd)

Awards: 1st & 2nd & 3rd metals - Team Plaque for Tri-County Champion (Boys & Girls)

[Click Here](#) to see heat and flight sheets

Concession stand will be available. Coaches hospitality will be provided at the scratch meeting.

Any questions please contact Neil Hamon at 618 559-7774.