



Jackson Invitational 2023

Hosted by Jackson High School

HEAD COACH'S PHONE: (573)579-5254

ATHLETIC DIRECTOR'S PHONE: (573)450-9991

TRACK + FIELD

Coaches and Athletic Directors,

The following information concerns the "**JACKSON INVITATIONAL**," a high school Track and Field Meet, to be held **SATURDAY, APRIL 1, 2023**, at Jackson Junior High School. **Online Entry at TRXC**.

Entry Fee: **\$175 Men** **\$175 Women** **\$300 for Both**
\$75 JV (if entering a varsity team) OR **\$15 per athlete** (whichever is less)

Two participants in each individual event and one relay team per relay.

Entry fee must be paid at packet pick-up or mailed at an earlier date.

Make checks payable to: **Jackson High School**

Mail entry fee to:
John Martin, Athletic Director
Jackson High School
315 S. Missouri St.
Jackson, MO 63755

Coaches Meeting: Meeting will take place at 9:00am in the Jr. High Small Gym. Each team must have one representative present.

Entries: Coaches can manage their entries through Thursday, March 30 until 9:00am. [Online Entries](#)

Scratches/Changes: Scratches and changes will ONLY be allowed to be made until 9:00am on Friday March 31. Teams can only scratch athletes on Saturday; no substitutions or additions.

Scoring: 10-8-6-5-4-3-2-1

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

Seeding: Heats/Flights will be seeded by time and distances entered. All running events will be scored as "heats against time." There will be NO PRELIMS. The last heat will be considered the "fast heat."

There will be an '**Open Mile**' directly following the lunch break. This is for any athlete not entered in the meet. Coaches are responsible for timing their athletes.

Starting Heights: Starting heights for Pole Vault and High Jump will be determined at the coaches meeting.

- Awards:** Medals will be awarded for 1st through 3rd places for all relay and individual events. Plaques will be awarded to the top two teams in both the Mens and Womens Varsity divisions and the first place teams in the JV divisions.
- Games Committee:** TBD
- Running Surface:** All-weather 400 meter, 8-lane track. 1/4" spikes or smaller are to be used. Jump runways are the same surface. USE OF LONGER SPIKES WILL RESULT IN DISQUALIFICATION.
- Work Assignments:** Jackson High School will provide all necessary workers in order to allow coaches the opportunity to concentrate on the coaching and supervision of their athletes.
- We have assigned schools as "relay exchange judges" for sprint relays, in which case each school assigned will provide 2 coaches at each exchange point.
- Relay Exchanges:** 4x100 - All exchanges: Yellow
- 4x200 - 1st & 2nd exchange: Red
- 3rd exchange: Yellow
- 4x400 and 4x800: Officials will explain at the starting line
- Concessions:** Will be available for purchase.
- Hospitality Room:** Will be open to all officials, coaches, meet workers, and bus drivers.
- Team Tents:** Tents may be placed in the grass area along the building or along the pine trees next to the throws area.

JACKSON INVITATIONAL TIME SCHEDULE

Throwing Events

(Varsity will compete first immediately followed by the JV.)
(4 trials allowed per athlete)

9:00 a.m.	10:00 a.m.	1:00 p.m.
Men's Javelin followed by Women's Javelin	Men's Shot Women's disc	Men's Disc Women's shot

Jumping Events

(Varsity and JV should both report and be ready to compete at designated time.)
(Long/Triple: 4 trials allowed; 90-minute time limit for athletes to get jumps in)

9:30 a.m.	10:00 a.m.	1:00 p.m.
Women's Pole Vault	Women's High Jump Men's Long Jump Women's Long Jump	Men's High Jump Men's Triple Jump Women's Triple Jump Men's Pole Vault

RUNNING FINALS: 10:00 a.m. (JV will run first followed by Varsity) (All races are timed finals)

Women's 3200 m Relay
Men's 3200 m Relay
Women's 100 m HH
Men's 110 m HH
Women's 100 m
Men's 100 m
Women's 800 m Relay
Men's 800 m Relay

30 MINUTE LUNCH BREAK

OPEN MILE
Women's 1600 m
Men's 1600 m
Women's 400 m Relay
Men's 400 m Relay
Women's 400 m
Men's 400 m
Women's 300 m LH
Men's 300 m LH
Women's 800 m
Men's 800 m
Women's 200 m
Men's 200 m
Women's 3200 m
Men's 3200 m
Women's 1600 m Relay
Men's 1600 m Relay