

Jackson Junior High Invitational

Friday - March 31st, 2023

3:00pm Field Events Start

3:30 Running Events Start

Jackson Track @ Jackson Junior High School

Divisions

This meet will have four divisions: 7th Grade Boys, 7th Grade Girls, 8th Grade Boys, 8th Grade Girls.

Double Check that you have the Correct Graduation year for your athletes.

TRXC's system will nullify entries if their graduation year is incorrect. Mainly if the year imputed makes it appear like they are in 9th grade.

- A 6th grade athlete may be used in the 7th, or 8th Grade Division.
 - If you run, or enter an athlete in the 7th grade division, they can ONLY compete in the 7th grade division. They cannot compete in an 8th grade event.
 - If you run, or enter an athlete in the 8th grade division, they can ONLY compete in the 8th grade division. They cannot compete in a 7th grade event.
- A 7th grade athlete may be used in the 8th Grade Division but once they do are considered an 8th grade athlete for the rest of the meet.

Entry

Each team will be allowed **3 participants in each individual event** and **2 relay teams per relay per division**. Hopefully this will allow you to work several of your athletes into the meet.

-A Team relays will be the only scored relay, B Team relays will not score.

-All of the 3 entries in the Individual Events can score.

-The 800 meter run will have **unlimited entries** with the **top 3** in each division counting toward team scoring.

-In Field Events there will be a **time cut off announcement** made to make sure athletes get all of their jumps, or throws, completed & that the meet will conclude in a timely manner.

>For Field Events, athletes can also do consecutive jumps or throws in order to complete their event before running events start.

Entries will need to be submitted online at MoMileSplit (Jackson JH Invitational Entries). TRXC will be managing the meet. Entries must be received by **3/30/23** Coaches may **edit** roster and entries until **9:00 a.m. on Friday**. **There will be no additions after this time – scratches only.**

Entry Fee

\$50 per division. So \$200 if entered in all 4 divisions. Please mail the entry fee to Tatum Kitchen, Jackson Junior High Athletic Director (210 North West Lane Jackson, MO 63755) prior to the meet or bring the payment on meet day.

Awards

Medals will be awarded for 1st through 3rd places in each division in each event.

Team plaques will be awarded to the 1st place team in each division.

Coach's Meeting

A meeting will be held in the Old Gym of the Junior High School at **2:15 p.m.** to take care of scratches. We will also announce opening heights, which will be determined by entries.

Running Surface

Jackson has a newly resurfaced all-weather 8-lane track. The long jump triple jump, pole vault, and high jump areas have the same surface. **Participants may not wear spikes in excess of 3/16” needle nose/pyramid on these surfaces.** Anything larger than this will damage the surface, so please make sure your athletes have the proper length spikes. Use of longer spikes will result in disqualification (Rule 3-1-6).

Concessions/T-Shirts/Hospitality Room

A concession stand and souvenir t-shirts will be available. A hospitality room will be available for coaches, officials, and bus drivers.

Bus Parking

Buses may park in the parking lot on the east side of the school off of East Lane. No parking will be allowed on the west side of the school due to buses picking up students after school.

Seeding

Heats and flights will be seeded by times and distances entered. There will be no prelims. The last heat will be considered the “fast heat”. [Click Here](#) to see heat and flight sheets

Contact Information

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Order of Events

All Running Events will be in the following order:
7th Grade Girls, 8th Grade Girls, 7th Grade Boys, 8th Grade Boys.

100 Meter Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
4x100 Meter Relay
400 Meter Dash
800 Meter Run (unlimited – top 3 from each school count toward team score in each division)
200 Meter Dash
4x400 Meter Relay

Field Events (each participant will receive three trials)

Shot Put: 7th and 8th Grade Boys followed by 7th and 8th Grade Girls
Discus: 7th and 8th Grade Girls followed by 7th and 8th Grade Boys
High Jump: 7th and 8th Grade Girls followed by and 8th Grade Boys
Pole Vault: 7th and 8th Grade Boys followed by 7th Grade Girls and 8th Grade Girls
Long Jump (South Pit): Cafeteria
Triple Jump (North Pit): Cafeteria