

## LA PLATA JR/HIGH SCHOOL EARLY BIRD TRACK MEET MONDAY MARCH 29, 2021

Welcome to the JR/HS La Plata Early Bird Track Meet. Here is some information, which we hope will help run the meet smoothly. We hope to make this a positive and competitive learning experience for your student/athletes. **Please note the 2:00 start time. If you have any questions, please feel free to call Nancy Green (660-341-6261), Stefanie Davidson (660-341-2141) or Andy Jackson (660-626-3281).**

**Directions:** The La Plata Sports Complex is located 2 miles south of La Plata on highway 63. Take the Gravel Road (Keyboard) - **Park buses and drop off your students west of the track.**

**Host:** La Plata

**Visiting:** Cairo, Green City, Atlanta, Brashear and Novinger

**Entry Fee:** No entry fee—this is a non-medal meet

**Divisions:** Jr. High girls/boys—High School girls/boys

**Time Schedule:** Coaches Meeting—**2:00 p.m.**

Field Events—**2:30 p.m.**

Running Events—**3:00**

**Starter:** Charley Welker

**Entry Forms:** All entries will be made through [MoMileSplit](#). Deadline for entries are **Monday, March 29**. Add as many athletes (no-limit for individual and relay events). Please enter your athletes—do not submit times.

**Entry Questions** – TRXC Timing – 314-522-6176 or Rich Schilling – [rich@trxctiming.com](mailto:rich@trxctiming.com)

**Order of Events in This Sequence:** Jr. High Girls  
Jr. High Boys  
High School Girls  
High School Boys

### **Special Notes Of Emphasis:**

1. Maximum spike length is ¼” pyramid on the track and jumping runways.
2. Shot and discus ring are concrete.
3. Visiting coaches will run off field events.
4. Places—Individual (1-5)—Relays (1-3)
5. Scoring—Individual (6-4-3-2-1)—Relays (6,4,2)
6. No Tape is to be used on the running or jumping areas.
7. Teams can set up their tent areas in the grass area south of the track. Please supervise and clean up your areas during and after the meet
8. Concession stand and restrooms will be provided
9. No grills inside the track area
10. Due to COVID-19 we ask that you please have your athletes stay in your team/tent area while not participating in an event.

**Field Event Assignments:** (Will Have these filled by the time of the meet.....)

- High Jump—
- Long Jump—

- Triple Jump—
- Discus—
- Shot Put—
- Pole Vault—La Plata
- Javelin (HS Only) -

**Course Clerk:**

**Finish Line Clerk:** Steve Safley

**Relay Exchange Zone Assignments:**

- 4 x 800 (starter—La Plata)
- 4 x 200 (leg 1-3—starter – Leg 2-4—Novinger)
- 4 x 100 (leg 1—starter – Leg 2—Green City – Leg 3—Novinger – Leg 4—Cairo)
- 4 x 400 (starter)

**Filed Event Order:**

**High Jump:**

Jr. High Girls/High School Girls

Jr. High Boys/High School Boys

**Shot Put:**

High School Boys/Jr. High Boys

High School Girls/Jr. High Girls

**Discus Sequence:**

High School Girls/Jr. High Girls

High School Boys/Jr. High Boys

**Long Jump (South Pit) Sequence:**

High School Boys/Jr. High Boys

High School Girls/Jr. High Girls

**Triple Jump (North Pit) Sequence:**

Jr. High Girls/High School Girls

Jr. High Boys/High School Boys

**Pole Vault Sequence:**

Jr. High Girls/High School Girls

Jr. High Boys/High School Boys

**Order of Events:** Some events will run together due to having four divisions and time factor in late afternoon.

- \*\* 3:00 pm    High School 4 x 800 (boys and girls together)
- 100 m. hurdles
  - 110 m. hurdles
  - 100 m. dash
  - 800 m. relay
  - 1600 m. (boys and girls together)
  - 400 m. relay
  - 400 m. dash
  - 300 m. hurdles
  - 800 m. run
  - 200 m. dash
  - 3200 m. (boys and girls together)
  - 1600 m. relay (boys and girls together)