

LA PLATA HIGH SCHOOL INVITATIONAL TRACK MEET MONDAY APRIL 5, 2021

Welcome to the La Plata Bulldog High School 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 be advised that we will have events covered with assistance from participating schools. If you have questions, please feel free to call Andy Jackson 660-626-3281, Nancy Green at 660-341-6261 or Stefanie Davidson at 660-341-2141.**

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

Host: La Plata

Visiting: Atlanta, Brashear, Bucklin/Macon Co., Fayette, Knox Co., Milan, New Franklin, North Shelby, Northwestern, Novinger, Schuyler Co., and South Shelby

Entry Fee: \$120.00 (Checks made payable to La Plata R-II)

Divisions: 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 www.trxctiming.com Deadline for entries are **Thursday, April 1st**. When entering your athletes/teams enter 2 individuals per event and 1 team for each relay.

Scratches/Changes: Coaches can manage their entries until **Monday, April 5th, at 9:00 a.m.**

Entry Questions – TRXC Timing – 314-522-6176 or Rich Schilling – rich@trxctiming.com

Order of Events in This Sequence: 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 may be asked to run field events.
4. Places—First through eighth (medal top three places)
5. Scoring: 10-8-6-5-4-3-2-1
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. **For COVID-19 Social Distancing purposes we ask that you remind you athletes to please stay near your team’s tent area as much as possible in between events.**

Field Event Assignments: Will try to fill these from within but may need help from coaches.

- High Jump—
- Long Jump—
- Triple Jump—
- Discus—
- Shot Put—
- Pole Vault—
- Javelin-----

Course Clerk/Stager:

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—Brashear)
- 4 x 100 (leg 1—starter – Leg 2—Bucklin/MC – Leg 3—Milan – Leg 4—Bevier)
- 4 x 400 (starter)

High Jump—Shot Put: High School Girls/High School Boys

Discus Sequence: High School Boys/High School Girls

Long Jump (South Pit) Sequence: High School Girls/High School Boys

Triple Jump (North Pit) Sequence: High School Boys/High School Girls

Pole Vault Sequence: High School Girls/High School Boys

Javelin High School Boys/High School Girls

Order of Events: ** 3:00 pm High School 4 x 800
Girls 100 m. hurdles
Boys 110 m. hurdles
100 m. dash
800 m. relay
1600 m.
400 m. relay
400 m. dash
300 m. hurdles
800 m. run
200 m. dash
3200 m.
1600 m. relay

***The boys and girls 4x8 relay and the 3200 m. run may run at the same time depending on the number of entries