

## LA PLATA JR. HIGH SCHOOL INVITATIONAL TRACK MEET TUESDAY APRIL 12<sup>th</sup>, 2021

Welcome to the La Plata Bulldog Jr. High School Track Meet. Here is some information, which I 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 any questions, please feel free to call Devin Shrum at 660-651-6803 or Andy Jackson at 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 the buses west of the track and drop off your students at this location.

**Host:** La Plata

**Visiting:** Bevier, Brashear, Bucklin/Macon Co., Green City, Madison, Marion Co, Milan, North Shelby, Novinger, Schuyler Co, and St. Pius

**Entry Fee:** \$100.00 (Checks made payable to La Plata R-II)

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

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

Field Events—2:30 p.m.

Running Events—3:00

**Starter:** Dave Shaw

**Entry Forms:** All entries will be made through [MoMileSplit](#)

**Deadline for entries are Friday, April 9<sup>th</sup>.**

**Scratches/Changes can be made until Tuesday, April 12<sup>th</sup>, at 9:00am.**

When entering your athletes/teams enter 2 individuals per event and 1 team for each relay.

**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 School Girls  
Jr. 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—First through eighth (medal top three places)
5. Scoring: 10-8-6-5-4-3-2-1
6. 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.
7. No tape is to be used on the running or jumping areas
8. Concession stand and restrooms will be provided
9. No grills inside the track area
10. **Due to COVID-19 we ask you to please have your athletes stay in your tent/team area when not participating in an event.**

Some schools may be asked to help with event recording/supervision. If those assignments are needed, it will be discussed at the coaches meeting prior to the meet.

**Relay Exchange Zone Assignments:**

- 4 x 800 (starter—La Plata)
- 4 x 200 (leg 1-3—starter – Leg 2-4—Green City)
- 4 x 100 (leg 1—starter – Leg 2—Bucklin/MC – Leg 3—Milan – Leg 4—Bevier)
- 4 x 400 (starter)

**High Jump—Shot Put Sequences:** Jr. High Girls/Jr. High Boys

**Discus Sequence:** Jr. High School Boys/Jr. High School Girls

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

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

**Pole Vault Sequence:** Jr. High School Girls/Jr. High School Boys

**Order of Events:** \*\* 3:00 pm

Girls 100 m. low hurdles
Boys 100 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
1600 m. relay