

# 2021 Lebanon Track Invitational

Friday March 26, 2021

- Meet Director:** Shane Rebmann and Will Christian
- Contact Info:** Phone: 417-532-1839 (Work) 417-425-6041  
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- Facility:** Lebanon HS – 777 Brice St.
- Time:** Coaches Meeting – 3:30PM                      Events – 4:00PM
- Teams:** Ava, Bolivar, Buffalo, Camdenton, Crocker, Dixon, Iberia, Lebanon, Macks Creek, Richland, Rolla, Springfield Catholic, Stoutland, Waynesville, Conway, Osage, Bolivar, Sedalia
- Scoring:** Team scores will be awarded. 10-8-6-5-4-3-2-1
- Awards:** Medals for the top 3 places.
- Entry Fees:** \$125 for boys and \$125 for girls.
- Entry Limits:** 2 per event, 1 per relays.
- Entries:** Entries must be submitted through MoMileSplit. Coaches can manage their entries online.  
[Online Entry Link](#)  
**Deadline for entries will be on Friday March 26<sup>th</sup> at 9:00am.**
- Spike Policy:** 1/4" spikes or smaller.
- Locker Rooms:** There are no locker rooms available at the track, but restrooms will be available.
- Bullpen;** Located at the starting line of each event.
- Tape/Markings:** No tape will be allowed. Chalk or tennis balls will be allowed.
- Bus Parking:** Buses can park south of the stadium.
- Spectators:** Additional seating will be available near the shot and discus.
- Trainer:** There will be a trainer available.
- Concessions:** Concessions will be available.

**LEBANON**  
*Track and Field* 

**Lebanon Invitational**

**3:30 Coaches Meeting**

**4:00 Field Events AND Running Events begin**

- Long Jump – Girls followed by Boys (West Pit by Flagpole)  
Triple Jump – Boys followed by Girls (East Pit by Start/Finish)  
High Jump – Girls followed by Boys  
Pole Vault – Boys followed by Girls  
Shot Put – Girls followed by Boys  
Discus – Boys followed by Girls  
Javelin – Boys followed by Girls

**Running Events – Girls followed by Boys**

4x800m Relay

100/110m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay