

## Louisiana High School

3321 West Georgia Street

Louisiana, MO 63353

Phone: (573) 754-6181 Fax: (573)754-5964

cannonm@louisiana.k12.mo.us



## CUNNINGHAM INVITATIONAL GENERAL INFORMATION SHEET

1. The Cunningham Invitational will be held on Thursday, April 24, 2025. There will be a coaches meeting at 3:15pm at the finish line. Javelin will begin at 3:30 pm with other field events will begin at 4:00pm. Running events will begin at 4:30pm.
2. Entry forms will be done online at [MoMileSplit](#)
3. Live Results on [TRXC Timing](#)
4. **Entries are due by Wednesday, April 23rd at 9:00 AM CST  
NO SUBSTITUTIONS WILL BE ALLOWED THE DAY OF THE MEET, ONLY  
SCRATCHES.**  
Any questions regarding entries only please reach out to Paul Golian - [paul@trxctiming.com](mailto:paul@trxctiming.com)
5. [Click here for Heat/Flight Sheets](#)
6. Athletes and coaches are being asked to stay away from the finish line area. Athletes are asked to walk through the admission gate when coming back from the shot/discus area. All times will be fully automatic timed and as a result, all events will be run as finals.
7. An athlete is limited to four events. All running events, all field events, or any combination.
8. A school is limited to **three** competitors per event “only two can medal” and one team per relay.
9. The first six places in each event will be scored 10-8-6-4-2-1.
10. Plaques will be awarded to the first place teams. Medals will be awarded to the first six finishers in each individual and relay event.
11. If an athlete is competing in a running event and a field event at the same scheduled time, the running event shall receive precedence. The competitor must inform the field judge of the conflict so proper arrangements can be made. We will use the 15 minute excused time limit.
12. All personnel, other than officials or contestants must stay off of the track and the infield. Sections in the stands will be available for coaches and team members not participating in an event in progress.
13. Everyone is asked to please stay off of the football field. Walk around the outside of the field.



14. Everyone is expected to behave respectfully toward players, coaches and officials, and may be scratched from an event for failure to do so. Profanity will result in meet disqualification
15. Pole vaulter's body weight must not exceed the manufacturer's weight on the pole. The coach must initial the event card prior to the meet.
16. Coaches and administrators are responsible for supervision. Please have your athlete's pick-up your team camp.
17. All contestants must wear official school uniform in accordance with the National Federation Track Rules.
18. Spikes in track shoes may be no longer than 3/16" and must be of the PYRAMID shape. NO NEEDLE NOSED SPIKES WILL BE ALLOWED. Athletes will not be allowed to wear shoes that do not follow this guideline.
19. Dressing facilities WILL NOT BE AVAILABLE. Please have your athletes dressed and ready to participate.
20. DO NOT BRING STARTING BLOCKS, they will be provided.
21. The waterfall starting method will be used for the following: 800M run, 1600M run, 3200M run, 4x800M relay.
22. Shot, discus, long jump, triple jump and javelin shall have **three trials**, no finals. Long jump and triple jump shall be run cafeteria style, with a one-hour time limit. Shot and discus shall be run three alive. A contestant may take two throws in a row. All shot and discus implements will be pooled. An athlete must pool their implements at the beginning of the event, and cannot take the implements until the event is completed.
23. The meet management has tried to free the coaches from duties during the meet, but in emergency coaches may be asked to help run a field event.
24. **Entry fees will be \$125.00 per team entered; \$250.00 for both boys and girls teams.**
25. Relay athletes and alternate rules will be in effect as per the National Federation Rule Book.
26. Buses park in the main high school parking lot.
27. All medals will be placed in a packet for coaches to pick-up after the meet. Please stay out of the press box.



**Order of Events**  
**Cunningham Invitational**  
**4/24/25**

Javelin will start at 3:30 P.M.

All other Field Events – Start at 4:00 P.M.

Boys Javelin - Followed by Girls Javelin  
Girls Shot Put – Followed by Boys Shot  
Boys Discus – Followed by Girls Discus  
Girls High Jump – Followed by Boys High Jump  
Boys Triple Jump – Followed by Girls Triple Jump  
Girls Pole Vault & Boys Pole Vault Together  
Girls Long Jump- Followed by Boys Long Jump

**Running Events will begin at 4:30 PM and follow the following order (Girls first, followed by boys):**

4X800 Meter Relay  
100 HH / 110 HH  
100 Meter Dash  
4X200 Meter Relay  
1600 Meter Run  
4X100 Meter Relay  
400 Meter Dash  
300 Meter Hurdles  
800 Meter Run  
200 Meter Dash  
3200 Meter Run  
4X400 Meter Relay

Questions please contact:

Matt Cannon (AD)  
[cannonm@louisiana.k12.mo.us](mailto:cannonm@louisiana.k12.mo.us)

Tommy Fallert (Head Track Coach)  
[fallertt@louisiana.k12.mo.us](mailto:fallertt@louisiana.k12.mo.us)

Jessica Graver (Assistant Track Coach)  
[graverj@louisiana.k12.mo.us](mailto:graverj@louisiana.k12.mo.us)

Leah Channell (Assistant Track Coach)  
[channelll@louisiana.k12.mo.us](mailto:channelll@louisiana.k12.mo.us)

