

Louisiana Middle School

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LMS INVITE GENERAL INFORMATION SHEET

1. The LMS Invite will be held on Tuesday, April 30, 2024. There will be a coaches meeting at 3:15 pm in the middle school cafeteria. Field events will begin at 3:30 PM; running events will begin at 4:00 PM. All events will be run as finals.
2. Entries will be made on [MOMileSplit](#). Live Results on [TRXC](#).
3. Entries are due by **Tuesday April 30th at 9AM** NO SUBSTITUTIONS WILL BE ALLOWED THE DAY OF THE MEET, ONLY SCRATCHES.
4. 7th and 8th grade students may compete in a maximum of 4 track and field events, with a maximum of three events being running.
5. A school is limited to four competitors per event, and one team per relay.
6. Medals will be awarded for the top four places in each event.
7. All personnel, other than officials or contestants must stay off of the track and the infield. This includes coaches. Sections in the stands will be available for coaches and team members not participating in an event in progress.
8. Everyone is asked to please stay off of the football field.
9. All pole vaulters' body weight must be included on the entry form. Vaulters' body weight must not exceed the manufacturer's weight on the pole. The coach must initial the event card prior to the meet.
10. Coaches and administrators are responsible for supervision. Please have your athlete's pick-up your team camp.
11. All contestants must wear official school uniform in accordance with the National Federation Track Rules.
12. Dressing facilities WILL NOT BE AVAILABLE. Please have your athletes dressed and ready to participate.
13. DO NOT BRING STARTING BLOCKS, they will be provided.
14. Meals will not be served, but a concession stand will be available.
15. Shot, discus, long jump and triple jump shall have four trials, no finals. Long jump and triple jump shall be run cafeteria style, with a one-hour time limit. 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.

- 16. We have some volunteers to help run events. Coaches will be asked to help where needed.**
- 17. Relay athletes and alternate rules will be in effect as per the National Federation Rule Book.**
- 18. All medals and meet results will be placed in a packet for coaches to pick-up after the meet. Please stay out of the press box.**
- 19. Entry fees will be \$100.00 per team entered; \$200.00 for both boys and girls teams.**

[Click Here](#) -Heat/Flight Sheets

A schedule of events and instructions for entering entries via mile split are included. If you have any further questions, please contact:

Tommy Fallert (Head Track Coach)
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Leah Waddell
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Matt Cannon
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Paul Golian- Meet Entries
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**Order of Events
LMS INVITE
4-30-24**

Field Events – Start at 3:30 P.M..

Girls Shot Put – Followed by Boy's Shot
Boy's Discus – Followed by Girl's Discus
Girl's High Jump – Followed by Boy's High Jump
Boy's Triple Jump – Followed by Girl's Triple Jump
Girl's Pole Vault – Followed by Boy's Pole Vault
Girls's Long Jump- Followed by Boy's Long Jump

Running Events – Start at 4:00 P.M. and follow the following order (girls/boys):

4x 800 Meter Relay
100 Hurdles
100 Meter Dash
4X200 Meter Relay
1600 Meter Run
4X100 Meter Relay
400 Meter Dash
800 Meter Run
200 Meter Dash
4X400 Meter Relay