

## Louisiana Middle School

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## LMS BULLDOG RELAYS GENERAL INFORMATION SHEET

1. The Bulldog Relays will be held on Thursday, April 11, 2024. The coaches meeting will be held at 3:15pm in the finish line. **Field events will begin at 3:30 pm, and the running will begin at 4:00am and will be run as finals.**
2. Entry forms will be done online at [MO MileSplit](#). You will be invited directly to that platform.
3. Entries are due by **Thursday April 11<sup>th</sup> at 9AM** Please print out your final entries and bring with you to the scratch meeting in case there are discrepancies with the website. NO SUBSTITUTIONS WILL BE ALLOWED THE DAY OF THE MEET, ONLY SCRATCHES.
4. 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, we will run only finals (no prelims this year). If the timing system fails, the heat will be rerun after ample time for rest for the athletes.
5. Seventh and eighth grade athletes may compete in a maximum of 4 track and field events, with a maximum of three events being running.
6. A school is limited to three competitors per event "only two can medal" and one team per relay.
7. The first six places in each event will be scored 10-8-6-4-2-1.
8. Plaques will be awarded to the first place teams. Medals will be awarded to the first six finishers in each individual and relay event. In case of a tie, the point will be divided and the contestants who tie shall flip a coin for the medals.
9. Sportsmanship is expected. Anything considered unsportsmanlike can result in disqualification of the meet. Profanity will result in meet disqualification
10. 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. The starting height will be determined at the scratch meeting.
11. Coaches and administrators are responsible for supervision. Please have your athlete's pick-up your team camp.
12. All contestants must wear official school uniform in accordance with the National Federation Track Rules.
13. 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.
14. Dressing facilities WILL NOT BE AVAILABLE. Please have your athletes dressed and ready to participate.

15. **DO NOT BRING STARTING BLOCKS, they will be provided.**
16. **The high jump will be three alive, and the starting heights will be determined at the coaches meeting.**
17. **Long Jump and Triple Jump will be run cafeteria style, with a one-hour time limit. Each contestant will get three jumps, no finals.**
18. **The shot and discus will be run cafeteria style. Each athlete will get three throws, with no finals.**
19. **The meet management has tried to free the coaches from duties during the meet, but in an emergency coaches may be asked to help pick, time, or run a field event.**
20. **Entry fees will be \$100.00 per team entered; \$200.00 for both boys and girls teams.**
21. **Buses park in the main high school parking lot. Please back up with the back of the bus closest to the hill.**
22. **All medals will be placed in a packet for coaches to pick-up after the meet. Please stay out of the press box**
23. **Live Results will be on [TRXC Timing](#)**
24. **[Click Here](#) for 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:**

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**Paul Golian (TRXC Timing- Entries)**

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**Order of Events**  
**Bulldog Relays**  
**4/11/24**

**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 4:30 PM 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