

MICDS/TRXC Timing Wednesday Night Track Quad Series

MICDS High School

Meet Directors: Rich Schilling – TRXC Timing – (314) 522-6176 rich@trxctiming.com
Jim Lohr – MICDS High School (314) 707-0706 Jlohr@micds.org

Date: Wednesday, April 7th – Gateway Science (6), IWA (G), MICDS, Parkway West (B), Soldan (16),
Vashon (15)

Entries: Entries for the meet must be completed online at: **MoMileSplit**
Entry deadline is the Monday before the competition at 5 pm

No entries will be taken after the deadline, scratches only on the day of the meet.

Scratch/Changes: Changes can be made up to 9 am the day of the meet. [MoMileSplit](https://www.momilesplit.com)

Entry Limit: 3 per individual event, 1 Relay

Scoring: **Individual Events** – 6, 4, 3, 2, 1 **Relays** – 6, 4, 2

Heat/Flight Sheets: [Heat/Flight Sheets](#)

Entry Fee: Entry fee is \$200.00 per team or \$20.00 per athlete. A boys and girls team counts as two teams. Entry fee is based on your declared entry. Make checks payable to TRXC Timing. **All payments must be made by Monday, preceding the meet to be eligible to compete in the meet.** Any team with an outstanding balance will be scratched from the meet. A Credit Card payment option is available by calling Denise at 314-522-6176.

Awards: None

Results/Updates: www.trxctiming.com

Additional Info: Rich Schilling (314) 522-6176 rich@trxctiming.com
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COVID Protocols

Competing Team Pre-Meet Restrictions

1. Athletes must pass the following prior to entering the facility – these documents will need to be turned in prior to packet pickup. A entry roster will be made available to competing teams to use for this purpose.
 - a. Temperature Screening – must have a temperature less than 100.4 degrees Fahrenheit
 - b. COVID Screening Questions – must pass the standard COVID-19 screening questions.
2. Teams must adhere to the arrival and departure times set by meet management.
3. Teams must provide their own trainers. These trainers will be responsible for your athletes needs during the time spent at the track meet. Meet management will provide a trainer to assist will the critical injured, this trainer will not be made available for taping or general training needs.
4. Teams will be assigned a field event to work. All necessary equipment will be made available to use.
5. Teams are responsible for providing their own water. Meet management will have emergency water available for athletes in need of water related issues.

Competing Team Facility Restrictions

1. Teams will be assigned specific team camp areas.
2. No spectators will be allowed.
3. Sanitization stations will be set up at team camp area. Please wipe down high touch areas frequently.
4. Teams will not be able to dress or shower at the facility. You must come prepared to compete. No shower or dressing facilities will be made available.
5. Social distancing should always be practiced.
6. Masks must be worn when not competing.
 - a. **Field Events** - High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, and Weight Throwers may compete with their masks on or place the mask below the chin during their attempt. Once an athlete has completed their attempt, they must put the mask back over their nose and mouth.
 - b. **Running Events** - Athletes competing in the running events will need to report to clerking wearing their mask. Athletes when reporting to the starting line do not have to be wearing a mask. Once an athlete has completed their event, they should return directly to their team camp area and place the mask back on their nose and mouth.
7. Mask must be worn under the following scenarios. Team camp, when not competing, when walking, talking, and stretching. Masks may be removed within the guidelines of item # 7.
8. Designated warm up areas will be used. Athletes will be given 1 hour prior to competition access to the warm up area. However, the warm up area will be opened to only those athletes who are competing within the 1-hour window.
9. Athletes should remain in the designated areas of the facility. Athletes are restricted to the following areas team camp, competition area, restroom, and buses. All other areas are off limits.

Competing Team Post Meet Restrictions

1. Coaches must alert meet management to any competing athlete who would test positive or exhibit COVID-19 symptoms 48 hour after the competition. The reason for this is we would begin our tracing protocol for the safety of others moving forward.

Safety Precautions for Event Management

1. Throwing Event – Shots and Weights that are shared must be sanitized by the last user using the provided sanitation wipes.
2. High Jump and Pole Vault cross bars will be wiped and sanitized after each miss.
3. Workers in the field events will wear rubber gloves to minimize the personal transfer of germs to the equipment being used for a specific event. I.e. Rakes, shovels, tape measures etc.
4. Athletes while competing in the field events will be assigned a specific area for stretching and waiting for their next attempt.
5. Approximately, 10 minutes will be used between flights to sanitize the field event area prior to start of the next flight or final. Athletes not involved with a specific flight will not be allowed in the competition area. Competition area will be clearly marked.
6. Running events in the straight away sprints may be separated by 1 lane between competitors.
7. Flighted field events may be set up to include teammates rather than seeding by performance.

A coaching box will be made available to those competing athlete's coach that are within a flight. The coach whose athlete has called up may be in the coaching box. The coach must exit the coaching box prior to the head event official calling up the next competing athlete. Coaches will rotate to a secondary box "Coaches Review Box" this is where you may go over the attempt made with the athlete. The review of video is permitted in this area. Athletes must place their masks back onto their face and nose after successfully exiting the landing pit, landing pad, or circle.

Time Schedule



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Field Events

4:00 PM	High Jump - Boys
4:00 PM	Pole Vault - Girls
4:00 PM	Shot (3 Throws) - Boys
4:00 PM	Discus (3 Throws) - Girls
4:00 PM	Javelin (3 Throws) - Boys
4:00 - 5:00 PM	Long Jump (Cafeteria Style – 3 Jumps) - Girls
4:00 – 5:00 PM	Triple Jump (Cafeteria Style – 3 Jumps) - Boys
5:30 PM	High Jump - Girls
5:30 PM	Pole Vault - Boys
5:30 PM	Shot (3 Throws) - Girls
5:30 PM	Discus (3 Throws) - Boys
5:30 PM	Javelin (3 Throws) - Girls
5:30 - 6:30 PM	Long Jump (Cafeteria Style – 3 Jumps) - Boys
5:30 - 6:30 PM	Triple Jump (Cafeteria Style – 3 Jumps) - Girls

Running Events

Running Events – Heats - Slow to Fast

4:00 pm	Girl's 3200 Meter Relay – 1 Heat Final
4:13 pm	Boy's 3200 Meter Relay – 1 Heat Final
4:25 pm	Girl's 100 Meter Hurdles – 2 Heat Final
4:31 pm	Boy's 110 Meter Hurdles – 2 Heat Final
4:37 pm	Girl's 100 Meter Dash - 2 Heat Final
4:42 pm	Boy's 100 Meter Dash - 2 Heat Final
4:47 pm	Girl's 4 x200 Meter Relay – 1 Heat Final
4:54 pm	Boy's 4 x 200 Meter Relay – 1 Heat Final
5:01 pm	Girl's 1600 Meter Run – 1 Heat Final
5:09 pm	Boy's 1600 Meter Run – 1 Heat Final
5:16 pm	Girl's 4 x 100 Meter Relay – 1 Heat Final
5:23 pm	Boy's 4 x 100 Meter Relay – 1 Heat Final
5:30 pm	Girl's 400 Meter Dash – 2 Heat Final
5:35 pm	Boy's 400 Meter Dash – 2 Heat Final
5:40 pm	Girl's 300 Meter Hurdles – 2 Heat Final
5:47 pm	Boy's 300 Meter Hurdles – 2 Heat Final
5:54 pm	Girl's 800 Meter Run – 1 Heat Final
5:59 pm	Boy's 800 Meter Run – 1 Heat Final
6:04 pm	Girl's 200 Meter Dash – 2 Heat Final
6:11 pm	Boy's 200 Meter Dash – 2 Heat Final
6:18 pm	Girl's 3200 Meter Run – 1 Heat Final
6:33 pm	Boy's 3200 Meter Run – 1 Heat Final
6:45 pm	Girl's 4 x 400 Meter Relay – 1 Heat Final
6:55 pm	Boy's 4 x 400 Meter Relay – 1 Heat Final