



2024 Malden High School Track and Field Invitational Tuesday, April 2nd, 2024

Track Coach: [Coach Vent](#) – 573-559-4906

Athletic Director: [Tim Harmon](#) – 573-718-7728

Coaches: Scratch Meeting 3:30 in FEMA Building (East Side Entrance). Scratches only on the day of meet. Adds will not be accepted.

Hospitality Room: Will be open to all officials, coaches, and bus drivers.

Divisions: Varsity boys and girls divisions.

Registration: Must enter entries on [MileSplit](#) by **Sunday, March 31st, 2024, at 6:00 PM.** Entries will be managed by TRXC Timing. Entry questions email [Paul Golian](#)

Entries: Limited to 2 participants per event per school and 1 relay per school. Athletes may participate in up to 4 events. Coaches may manage their entries until **April 2nd, 2024, at 9:00 AM.**

Entry Fee: The entry fee will be \$125 per team per gender or \$ 250 for both. Entry fees must be received before the meet on April 2nd, 2024.

Please send fees and registration to:

(Make checks payable to Malden R-1 School District)
Malden High School Attn: Tim Harmon
601 Burkhart Street
Malden, MO 63863

Performance Lists: [Click Here](#) to see heat and flight sheets

Scoring: 10-8-6-5-4-3-2-1

SEEDING: Heats/Flights will be seeded by time and distances entered. All running events will be scored as “heats against time.” There will be **NO PRELIMS!** We’ll heat by time; the last heat will be considered the “hot heat!”

AWARDS: Medals to the top 3 in each event. Plaques will be awarded to the top team in each division.

Concessions: Full Concessions will be available during the meet.

TEAM TENTS (SEE MAP): Tents may be placed in the outside grass area along the Northeast corner of the track just North of the visitor bleachers. All teams should use the visitor bleachers on the East Side. Coaches are responsible for the supervision of their athletes. Trash cans will be provided for trash disposal.

GAMES COMMITTEE: All coaches not involved in the occurrence that needs to be adjusted.

RUNNING SURFACE: STOBITAN® RUNNING TRACK SYSTEMS by Fisher Tracks. 400 m six lane track. 3/16" spikes are to be used or smaller. Jump runways are the same surface. Please adhere to the spike rule.

WORK ASSIGNMENTS: **Malden High School** will try to provide all necessary workers in order to allow coaches the opportunity to concentrate on the coaching and supervision of their athletes. We will have assigned schools as "relay exchange judges" for sprint relays, in which case each school assigned will provide 2 coaches at each exchange point.

Running Events *Starts 4:15*

4x800m
100m Hurdles
110m Hurdles
100m dash
4x200m
1600m
4x100m
400m
300m Hurdles
800m
200m
3200m
4x400m

Field Events *Start at 4:00*

All jumps and throws will have 4 attempts per athlete.

Athletes have 2.5 hours to complete Long and Triple Jump Long Jump (cafeteria style)

4:00 – 6:30

High Jump - Ladies to be followed by Men (South End of Track)

Shot put - Ladies to be followed by Men (See Map)

Discus - Men to be followed by Ladies (See Map)

Javelin - Men to be followed by Ladies (See Map)

Pole Vault – Men to be followed by Ladies (North End of Track)

Malden High School Track and Field Meet Map

← NORTH

