



***MID-LAKES CONFERENCE VARSITY TRACK MEET
INFORMATION SHEET***

Date: Tuesday, May 4, 2021

Location: Skyline High School

Times: The coaches' meeting will start at 3:30 pm in the football/track equipment building (located just north of the track). Field events will begin at 4 pm, and running events will begin at 4:30 pm.

Entry Limits: 2 per event, 1 relay

Entries: TRXC is managing this meet through MoMileSplit. **ENTRY DEADLINES ARE AVAILABLE ONLINE IF YOU FOLLOW THE ONLINE ENTRY LINK.** Here is the online entry link:

<https://mo.milesplit.com/meets/416129-mid-lakes-conference-track-meet-2021/info#.YFu0ZpNKigQ>

NO EXCEPTIONS ON LATE ENTRIES!

Entry Questions: Contact TRXC at (314) 522-6176.

Events: Participants in field events will be allowed 3 attempts. All running events will be finals (no prelims.) **Fastest heats will run first.**

Schools: Skyline, Clever, Fair Grove, Forsyth, Stockton, Strafford.

Spikes: Only 1/8" pyramid spikes may be used on all running/jumping surfaces.

Tents: Team camps should be set up at the south end of the track, by the concession stand or on the south side of the bleachers.

Awards: Medals will be awarded to the top 3 places in each event.

Athletes: Athletes are to stay in the bleacher area unless warming up or competing. No spikes in the bleachers, please. Please attempt to keep your athletes off of the football field. Thank you.

Meet Questions: Contact Brandon Shelby, Head Track Coach, with any questions:

bshelby@skylineschools.net or (660) 723-9714.

Mid-Lakes Conference Track Meet

Order of Events

- 4:00 Field Events
- Girls Shot Put; Boys Shot Put
 - Boys Discus; Girls Discus
 - Girls Long Jump; Boys Long Jump
 - Boys Triple Jump; Girls Triple Jump
 - Girls Pole Vault; Boys Pole Vault
 - Boys High Jump; Girls High Jump
 - Boys & Girls Javelin (cafeteria; 1 ½ hour time limit)
- 4:30 Running Events
- Fast Heats to Slow Heats**
- 4x800M Relay (Girls then boys)
 - 100/110M Hurdles (Girls then boys)
 - 100M Dash
 - 4x200M Relay
 - 1600M Run
 - 4x100M Relay
 - 400M Dash
 - 300M Hurdles
 - 800M Run
 - 200M Dash
 - 3200M Run
 - 4x400M Relay