

# 2024 MONROE CITY INVITATIONAL MEET INFORMATION SHEET

**DATES:** **March 28, 2024**

**SCHEDULE:**

**Scratch Meeting 3:15**

**Javelin 3:00**

**Field events 4:00**

**Running Events: 4:30**

1. Coaches need to submit their entries on [MoMileSplit](https://momilesplit.com). If you have any entry questions, contact Coach Williams at [knwilliams@monroe.k12.mo.us](mailto:knwilliams@monroe.k12.mo.us). Entries are to be completed by no later than **9:00 AM, March 28, 2024**.
2. Entries are limited to 2 participants and 1 relay. Athletes are limited to 4 events per MSHSAA standards.
3. The meet will be scored 10-8-6-5-4-3-2-1. Medals will be given for the first 6 places. A plaque will be awarded to the champion in both the boys and the girls division.
4. Field events report to the event site when called, all runners will report to the bullpen area located in the middle of the football field. Only those athletes participating in the called event should be on the football field.
5. Shot put and discus will be pooled at the sight.
6. Contestants in the javelin, shot put, discus, long jump and triple jump will be given **3 trials**. Long and Triple jump will be run cafeteria style. **Do not tape the track or the resillite part of the runways. Only approved markers will be allowed.**
7. The high jump and pole vault starting heights will be determined by entries. Athletes will receive 3 attempts.
8. All jumping and running surfaces are resillite. Spikes must be 3/16" pyramid only. **NO NEEDLE SPIKES** allowed. Spikes will be checked at the bull pen and starting line. Longer spikes will result in disqualification for the athlete or relay team.
9. All contestants must be in proper uniform, according to MSHSAA standards.
10. We will provide starting blocks.
11. Coaches, managers, and spectators are asked to remain in the unrestricted areas only. Please stay out of the finish line area. No spikes in the bleachers.
12. Team camps are to be outside the fence surrounding the track.
13. We will be using [TRXC Timing](#) for live results and they will be posting results upon completion of the meet.
14. There will be a concession stand provided.
15. Admission will be \$4.00 for adults and \$2.00 for students.
16. No locker rooms will be available.
17. If you have any questions, please call Cody Leonard or Machel Pfanner at (573) 735-4626 ext 1113.
18. Entry fee is \$150 per school due on or before March 28, 2024.

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**Teams Participating:**

**Canton, Community R-6, Louisiana, Macon, Marion County, Mark Twain, Monroe City, North Shelby, Palmyra, Paris, Schuyler County, South Shelby**

**2024 INVITATIONAL TRACK AND FIELD MEET  
MONROE CITY HIGH SCHOOL**

**March 28, 2024**

***ORDER OF EVENTS***

**JAVELIN: BEGIN AT 3:00 PM AT THE LION'S CLUB FIELD EAST OF THE TRACK**

**SCRATCH MEETING: BEGIN AT 3:15 PM IN SHED AT WEST END OF TRACK**

**FIELD EVENTS: BEGIN AT 4:00 PM**

<b>GIRLS SHOT PUT</b>	<b>BOYS TO FOLLOW</b>
<b>BOYS DISCUS</b>	<b>GIRLS TO FOLLOW</b>
<b>GIRLS LONG JUMP</b>	<b>BOYS TO FOLLOW</b>
<b>BOYS TRIPLE JUMP</b>	<b>GIRLS TO FOLLOW</b>
<b>GIRLS POLE VAULT</b>	<b>BOYS TO FOLLOW</b>
<b>BOYS HIGH JUMP</b>	<b>GIRLS TO FOLLOW</b>

**RUNNING EVENTS: BEGIN AT 4:30 PM**

**\* Girls will be first followed by boys**

**4 x 800**

**100/110 M HIGH HURDLES**

**100 M DASH**

**4 x 200 M RELAY**

**1600 M RUN**

**4 x 100 M RELAY**

**400 M DASH**

**300 M INTERMEDIATE HURDLES**

**800 M RUN**

**200 M DASH**

**3200 M RUN**

**4 x 400 M RELAY**

**\*Depending on time and # of entries girls and boys 4 x 800 and 3200 could be combined**

Please note the restricted areas. These include the football field and those areas marked around the field events. As a reminder, only those athletes participating in the event and meet officials are allowed in the restricted areas. Coaches, please note the designated coaches boxes. No parents, spectators, non-participants, or coaches will be permitted in these areas.