

NORTH CENTRAL MISSOURI CONFERENCE  
TRACK MEET April 29, 2024



**Site:** Mexico High School

**Coaches Meeting:** 3:30, North end of the pressbox

**Entries:** Entries are due by: **April 29th 9 A.M.** All entries must be submitted on Milesplit using the following link: [NCMC Meet](#) Timing services will be provided by [TRXC Timing](#)

**Entry Fee:** Will be submitted after invoice from TRXC and split amongst schools.  
Make Checks Payable to Mexico High School

**Awards:** Medals will be awarded for the top 3 individuals and the top 3 relays in each event. The top boys team and the top girls team will receive a trophy.

**Scoring:** All events will be scored 10-8-6-4-2-1.

**Heat/Flight:** [Click Here](#) to see heat and flight sheets

**Track Surface:** Facility is an eight lane all-weather track.

**Throwing Areas:** Shot Put and Discus rings are concrete and flats must be worn.

**Spikes:** 3/16" spikes are allowed.

**Facilities:** Athletes should come dressed to compete. No dressing facilities available.

**Concessions:** The concession stand will be open.

**Parking:** Busses will be asked to drop off at the south end of the football field/track.  
Busses can then park in the lot south of the soccer field.

**Meet Questions:** Buck Green [buckygreen@hotmail.com](mailto:buckygreen@hotmail.com), Brandon Schafer [bschafer@mexico.k12.mo.us](mailto:bschafer@mexico.k12.mo.us), Lucas Breneman [lbreneman@mexico.k12.mo.us](mailto:lbreneman@mexico.k12.mo.us)

## 2024 NCMC Meet Time Schedule

**Field Events – 4:00** (shot, discus, long jump, triple jump, javelin 4 tries no finals)

**Discus:** Girls (followed by Boys, Cafeteria Style)

**Shot Put:** Boys (followed by Girls, Cafeteria Style)

**Long Jump:** Girls (followed by Boys, Cafeteria Style)

**Triple Jump:** Boys (followed by Girls, Cafeteria Style)

**High Jump:** Boys (followed by Girls)

**Pole Vault:** Girls (followed by Boys)

**Javelin:** Girls (followed by Boys) **5:15**

### **Running Events - 4:30 – Rolling Schedule**

Girls 4 x 800

Boys 4 x 800

Girls 100 meter

Boys 110 meter

Girls 100 meter dash

Boys 100 meter dash

Girls 4 x 200 meter relay

Boys 4 x 200 meter relay

Girls 1600 meter run

Boys 1600 meter run

Girls 4 x 100 meter relay

Boys 4 x 100 meter relay

Girls 400 meter dash

Boys 400 meter dash

Girls 300 meter hurdles

Boys 300 meter hurdles

Girls 800 meter run

Boys 800 meter run

Girls 200 meter dash

Boys 200 meter dash

Girls 3200 meter run

Boys 3200 meter run

Girls 4 x 400 meter relay

Boys 4 x 400 meter relay