

High School Thunderbird Early Invite



North Callaway Track & Field

March 26, 2024

4:15 pm

Meet Director	Reid Randolph, rlandolph@nc.k12.mo.us
Bullpen	East side of track, near 110H start
Coaches Meeting	4:00 in the track building
Entries Due	We will be using Mile Split to compile entries. Please do not wait until the last day to create and familiarize yourself with the website. Entries will be due on <u>Tuesday, March 26 at 9:00am.</u> <i>There will be no changes at the coaches meeting.</i>
Entry Fee	\$25 for boys team / \$25 for girls team \$50 total
Entry Limits	You may enter up to four athletes per event Running Event, three per Field Event and one team per relay. Athletes are limited to participating in four events.
Entry Procedure	We will use MoMileSplit to enter athletes and seed the meet. All meet information can be found on MoMileSplit .
Field Events	Time Limit Procedure for Excused Athletes and Cut Time Limits will be established prior to the meet. Please be mindful of this when making entries and ask your athletes to be efficient in completing their field event trials.
Medals	No medals
PA/Sound/Light	Please advise your athletes and coaches that it can be difficult to hear announcements in the FIELD EVENT AREAS. The field event lighting is not ideal, so we will work to get done by dark.
Results	Live Results
Spectators	Spectators must stay in the stadium as they will not be allowed inside the fenced areas.
Tape/Markings	NO TAPE & limited chalk marks. Tennis balls or similar markers preferred. Use of tape will result in a DQ.
Tents	Tents may be placed along the top rows of the bleachers, and/or along the top of the hill from the scoreboard to the home bleachers.
Track Info	8 Lane all-weather track. You may only use 3/16" PYRAMID spikes or smaller. Please remind your kids to not climb or jump the fences, stay out of the mud, and please be respectful to our new facility. No needle spikes per the track surface manufacturer.
Heat/Flights	Click Here to see heat and flight sheets

Schedule of Events

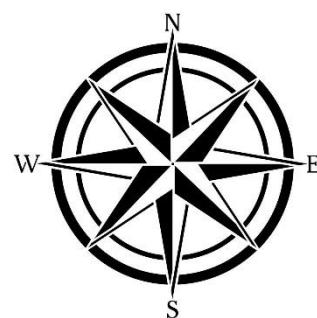
Field Events

- 4:15pm** Boys *(followed by Girls)* High Jump
- Girls *(followed by Boys)* Pole Vault
- Boys *(followed by Girls)* Long Jump
(3 Jumps No Final)
--Girls 1.25 hours cutoff--
--Boys 1.25 hours cutoff--
- Girls *(followed by Boys)* Triple Jump
(3 Jumps No Final)
--Girls 1.25 hours cutoff--
--Boys 1.25 hours cutoff--
- Boys *(followed by Girls)* Shot Put
(3 Throws No Final)
--Girls 1.25 hours cutoff--
--Boys 1.25 hours cutoff--
- Girls *(followed by Boys)* Discus
(3 Throws No Final)
--Girls 1.25 hours cutoff--
--Boys 1.25 hours cutoff--
- Combined Javelin (3 Throws No Final)
--Combined 1 hour—
--15 minute warm up--
--Combined 1 hour--

**All followed by the opposite gender*

Running Events

- 5:00pm** 4X800M Relay
- 100M Hurdles
- 110M High Hurdles
- 100M Dash
- 4X200M Relay
- 1600M Run
- 4X100M Relay
- 400M Dash
- 300M Hurdles
- 800M Run
- 200M Dash
- 3200M Run
- 4X400M Relay



Shot Put and Discus

Depending on the number of entries, a minimum throw line might be put in place for the throws events. Each athlete's first throw would be measured no matter the distance. After that, only throws beyond the minimum line would be measured. The line would be set at a distance so that it would have no bearing on breaking a tie for a medal or scoring place.

Boys Long Jump	East LJ Runway
Girls Long Jump	West LJ Runway
Boys Triple Jump	East TJ Runway
Girls Triple Jump	West TJ Runway
Javelin	Northwest of the Track
High Jump & Pole Vault	Starting Heights TBD