

Thunderbird High School Invitational



North Callaway Track & Field

April 8, 2024

4:15 pm

Meet Director	Reid Randolph, rrandolph@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 Monday, April 8 at 9:00am. <i>There will be no changes at the coaches meeting.</i>
Entry Fee	\$75 for boys team / \$75 for girls team \$150 total
Entry Limits	You may enter up to two athletes per event Running Event, two 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	Medals will be given to the top 4 individual events and the top 2 relays. Please pick up your medals at the conclusion of the meet in the press box.
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	MoMileSplit.com
Scoring	Live Result We will announce team scoring during the meet.
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.

Performance List [Click Here](#)

Schedule of Events

Field Events

4:15pm Boys *(followed by Girls)* High Jump

Girls 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--

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

**All followed by the opposite gender*

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



