

T-Bird *Middle School* Invite



North Callaway Track & Field

April 16, 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 Tuesday, April 16 at 9:00am.
Entry Fee	\$50 for boys team / \$50 for girls team \$100 total
Entry Limits	<i>Grades 7-8 only.</i> You may enter up to four athletes per event Running Event, two per Field Event and one team per relay. Athletes are limited to participating in only 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 Live Results
Scoring	10-8-6-4-2-1
Spectators	Spectators must stay in the stadium as they will not be allowed inside the fenced areas.
Tape/Markings	No chalk or tape. Tennis balls or similar markers only. Use of chalk or tape will result in a DQ.
Tents	Tents may be setup 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.

Meet Program [Click Here](#)

Schedule of Events

Field Events

4:15pm Boys 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--

Running Events

5:00pm 4X800M Relay

100M Hurdles

100M Dash

4X200M Relay

1600M Run

4X100M Relay

400M Dash

800M Run

200M Dash

4X400M Relay

**All followed by the opposite gender*

Boys Long Jump

West LJ Runway

Girls Long Jump

East LJ Runway

Girls Triple Jump

East TJ Runway

Boys Triple Jump

West TJ Runway

High Jump & Pole Vault

Starting Heights TBD

