

# T-Bird *Middle School* Invite



North Callaway Track & Field

April 16, 2024

4:15 pm

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<b>Meet Director</b>	Reid Randolph, rrandolph@nc.k12.mo.us
<b>Bullpen</b>	East side of track, near 110H start
<b>Coaches Meeting</b>	4:00 in the track building
<b>Entries Due</b>	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 <b>Tuesday, April 16 at 9:00am.</b>
<b>Entry Fee</b>	\$50 for boys team / \$50 for girls team \$100 total
<b>Entry Limits</b>	<i>Grades 7-8 only.</i> You may enter up to <b>four</b> athletes per event Running Event, <b>two</b> per Field Event and <b>one</b> team per relay. Athletes are limited to participating in only four events.
<b>Entry Procedure</b>	We will use MoMileSplit to enter athletes and seed the meet. All meet information can be found on MoMileSplit.
<b>Field Events</b>	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.
<b>Medals</b>	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.
<b>PA/Sound/Light</b>	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.
<b>Results</b>	MoMileSplit.com  <a href="#">Live Results</a>
<b>Scoring</b>	10-8-6-4-2-1
<b>Spectators</b>	Spectators must stay in the stadium as they will not be allowed inside the fenced areas.
<b>Tape/Markings</b>	No chalk or tape. Tennis balls or similar markers only. Use of chalk or tape will result in a DQ.
<b>Tents</b>	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.

Performance List [Click Here](#)

## Schedule of Events

### Field Events

### Running Events

<b>4:15pm</b>	Boys High Jump	<b>5:00pm</b>	4X800M Relay
	Girls Pole Vault		100M Hurdles
	Boys <i>(followed by Girls)</i> Long Jump (3 Jumps No Final) --Girls 1.25 hours cutoff-- --Boys 1.25 hours cutoff--		100M Dash
	Girls <i>(followed by Boys)</i> Triple Jump (3 Jumps No Final) --Girls 1.25 hours cutoff-- --Boys 1.25 hours cutoff--		4X200M Relay
	Boys <i>(followed by Girls)</i> Shot Put (3 Throws No Final) --Girls 1.25 hours cutoff-- --Boys 1.25 hours cutoff--		1600M Run
	Girls <i>(followed by Boys)</i> Discus (3 Throws No Final) --Girls 1.25 hours cutoff-- --Boys 1.25 hours cutoff--		4X100M Relay
			400M Dash
			800M Run
			200M Dash
			4X400M Relay

*\*All followed by the opposite gender*

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**Boys Long Jump**

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West LJ Runway

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**Girls Long Jump**

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East LJ Runway

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**Girls Triple Jump**

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East TJ Runway

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**Boys Triple Jump**

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West TJ Runway

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**High Jump & Pole Vault**      Starting Heights TBD

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