



SCA Meet 2021

5/3/2021

Information Sheet

Dear Athletic Directors & Coaches,

The following information is in regards to our Conference Meet on 5/3/2021 beginning @ 1 PM.

Registration All Entries will be due by **9am on Monday, May 3rd** on [MoMileSplit](#)

- Invites will be sent via MoMile to register athletes, limited to **TWO** entries per individual track & field event; **ONE** relay team per school

Meet Procedures & Information

- Coaches meeting @ 12:30PM @ picnic tables behind stadium bleachers. Scratches made @ meeting or @ bullpen before the event. No additions will be made after registration closes.
- TRXC will be timing our meet. Placing top 6 for each event. Point system: 10-8-6-4-2-1
- We require 1/8 pyramid spikes or running flats for all track and field events. We have a six lane Tuf-Lite Facility.
- Participants should report to the clerk of the course upon the last call of their event. This will be at the north end of the bleachers (scoreboard end).
- No preliminaries. All finals against time. Fastest heat will be last. Girls will run before boys.
- Refrain from using tape on the track or runways.
- Field events:
 - **Javelin will begin warm-ups @ 12:30.** This will allow Javelin to start @12:45. Girls first, boys follow. Discus will start once Javelin is completed for both boys and girls.
 - At 1PM, the following will be the order of field events (no finals):
 - Girls' Javelin - Boys' Follow (4 Attempts)
 - Girls' Pole Vault - Boys Follow (3 Attempts)
 - Boys' Triple Jump - Girls Follow (4 Attempts)
 - Girls' Long Jump - Boys Follow (4 Attempts)
 - Boys' High Jump - Girls' Follow (3 Attempts)
 - Girls' Discus - Boys Follow (4 Attempts)
 - Boys' Shot Put - Girls Follow (4 Attempts)
- We will be using metric measurements. Starting heights in the Pole Vault & High Jump will be discussed in the coaches meeting.



Facilities

- Concessions will be available. Coaches will receive vouchers. I worked out the kinks from our invitational so you'll DEFINITELY be fed! This includes bus drivers! And maybe soda *cough cough (McCrosky)
- Be mindful of the ropes used to block off the competing area for Javelin and Discus. Please do not go under the ropes.
- Please stay away from the finish line and stay off of the football field.
- Buses - Park in the gravel lot near the south end of the track or the HS parking lot up the hill.

Team Roles

4x100- Mountain Grove, Willow, Mountain View

4x200- Cabool, Ava

4x400- Salem

4x800- Houston

Breakline- Salem

Games Committee - Ava, Mountain View, Willow

Covid Precautions

- Please be mindful and implement social distancing when possible.
- We are not mandated masks but we recommend wearing them when not warming up or competing.

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Direct additional questions to:

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