



SEMO NORTH CONFERENCE Junior High / JV

Sikeston High School - Stadium | Monday, May 4th | 3:00PM CST

Time: 3:00 pm - Coaches Meeting
3:30 pm - 1st Field Events
4:00 pm - Running Events

Entry Fee: \$150.00 Boys or Girls Team
OR
\$300.00 Both

Make checks payable to: Sikeston High School
c/o Matt Johnson, Athletic Director
200 Pine Street
Sikeston, MO 63801

Entries will take place on [AthleticNET](#). **ALL entries will be due NO LATER than Monday, May 4th, at 9:00AM CST. No late entries will be accepted! Scratches only, no additions at coaches' meeting!** Entry questions? Reach out to Paul Golian - paul@trxctiming.com
[MSHSAA Athletic.net Helpsheet](#)

Entry 2 entries per field & individual running event (2 JV athletes, 2 Junior High Athletes)
Limits: One (1) Relay (one Junior High team, one Junior Varsity team)

Questions: Coach Betsy Colwick (HS) bcolwick@spsr6.org
Coach Derek James (JH) djames@spsr6.org
Matt Johnson (Athletic Director) - mjohnson@spsr6.org

Heat/Flight Sheets: [Click here](#)

Meet Information

1. Coaches meeting will be held at 3:00 pm in the Hospitality/Concession area
THERE WILL NOT BE ANY ADDS AT THE COACHES MEETING
2. Entries will be done on Athletic.net
3. Results will be available on TRXCTIMING.COM | [Click here for live results](#)
4. Coaches will be assigned work assignments (hopefully just relay zones). If you are not able to fulfill your work assignment you may switch with another school. Please notify Coach Betsy Colwick if you are not able to switch
5. We will follow MSHSAA and NFHS handbook rules
6. All teams should come dressed. **LOCKER ROOMS WILL NOT BE PROVIDED**
7. Restrooms will be provided
8. Our trainer will be available for your convenience throughout the meet.
9. Concessions will be available
10. Coaches, please keep all athletes not competing in an event in the stands 11.
Tents must be placed in designated areas only. (East side of stadium/visitors side) 12.
We will score 8 places: 10-8-6-5-4-3-2-1
13. ¼" spikes only on the track and runways
14. Buses should all park North of the stadium behind scoreboard or East of the stadium in designated bus parking

BULLDOG TRACK AND FIELD

Field Events:

1. Contestants shall report immediately when the event is announced. After being called for each trial, the contestant shall complete the trial within **1 ½ minutes**. Exceptions: Contestants in the pole vault are allowed **2 minutes**
2. A competitor will be charged with an unsuccessful attempt if he/she does not complete the trial or does not indicate that they are passing within the specified time
3. Each competitor in the Shot Put, Discus and Javelin shall receive 3 trials with No Finals
4. Shot put, discus and javelin shall be conducted in flights
5. Each competitor in the triple jump and long jump shall receive 3 trials with No Finals
6. Triple and long jump will be run cafeteria style within a specified time limit
7. Finals only will be held in the pole vault and high jump
8. Contestants may use their own implements in competition provided they are inspected and approved by the field judge.

Field Event Starting Heights

Girls High Jump TBD
Boys Pole Vault TBD
Boys High Jump TBD
Girls Pole Vault TBD

Running Events

1. The 800 Meter, 1600 Meter, 3200 Meter runs and the 3200 meter relays will be staggered for one – turn Box Alleys. Every two adjacent lanes on the track stall constitute a box alley, with a maximum of four competitors assigned per box according to the following:

Box 1 3, 7, 11, 15

Box 2 1, 5, 9, 13

Box 3 2, 6, 10, 14

Box 4 4, 8, 12, 16

In the 1600 meter relay a three turn stagger will be used and runners may move for the pole after the 3rdturn

Girls will run prior to boys

There will be no preliminaries

Events will be power seeded



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins

BULLDOG TRACK AND FIELD

3:30 Field Events

LONG JUMP - BOYS
TRIPLE JUMP - GIRLS
HIGH JUMP - GIRLS
POLE VAULT - BOY/GIRLS
SHOT PUT - BOYS
DISCUS - GIRLS
JAVELIN - BOYS (JV)

5:00 FIELD EVENTS (May start earlier if able)

SHOT PUT - GIRLS
DISCUS - BOYS
LONG JUMP - GIRLS
TRIPLE JUMP - BOYS
HIGH JUMP - BOYS
JAVELIN - GIRLS (JV)

4:00 RUNNING EVENTS

(Events will run MS Girls → JV Girls → MS Boys → JV Boys unless otherwise indicated)

4x800m Relay (JV Girls → JV Boys)

100m Hurdles (MS Girls → JV Girls → MS Boys)

110m Hurdles (JV Boys)

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Run

300m Hurdles (JV Girls → JV Boys)

800m Run

200m Dash

3200m Run (JV Girls → JV Boys)

4x400m Relay