



# SIKESTON JUNIOR HIGH INVITATIONAL

Sikeston High School - Stadium | Monday, April 20th | 3:00PM CST

Time: 3:00 pm - Coaches Meeting  
3:30 pm - 1<sup>st</sup> 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, April 20th, at 9:00AM CST. No late entries will be accepted! Scratches only at coaches' meeting!**

Entry questions? Reach out to Paul Golian - [paul@trxctiming.com](mailto:paul@trxctiming.com)  
[MSHSAA Athletic.net Helpsheet](#)

Limits: Two (2) for any Individual Running Event /Field Event  
One (1) Relay

Meet Questions: Coach Derek James ([djames@spsr6.org](mailto:djames@spsr6.org))  
Matt Johnson (Athletic Director) - [mjohnson@spsr6.org](mailto: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 Derek James 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 and Discus shall receive 3 trials with No Finals
4. Shot put and 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 and 1600 Meter will be staggered for one – turn Box Alleys. Every two adjacent lanes on the track shall 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 3<sup>rd</sup> turn

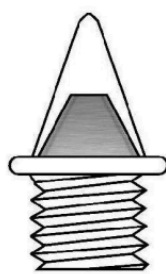
Girls will run prior to boys

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

## ORDER OF EVENTS

### 3:30 FIELD EVENTS

LONG JUMP - BOYS

TRIPLE JUMP - GIRLS

HIGH JUMP - GIRLS

POLE VAULT - BOY/GIRLS

SHOT PUT - BOYS

DISCUS - GIRLS

### 5:00 FIELD EVENTS (May start earlier

if able)

SHOT PUT - GIRLS

DISCUS - BOYS

LONG JUMP - GIRLS

TRIPLE JUMP - BOYS

HIGH JUMP - BOYS

### 4:00 RUNNING EVENTS (GIRLS THEN BOYS)

100m

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Run

800m Run

200m Dash

4x400m Relay

