

**2023 SOUTH SHELBY MIDDLE SCHOOL INVITATIONAL MEET**  
**INFORMATION SHEET**

**DATES:** **April 11th** Tentative reschedule date due to inclement weather-April 20th

**SCHEDULE: Scratch Meeting 3:15**  
**Field events 3:30 Running Events: 4:15**

1. Coaches need to submit their entries on [MO.MileSplit](https://www.mileplit.com). Timing is contracted through TRXC. If you have any entry questions, contact Taylor O'Laughlin at [tolaughlin@cardinals.k12.mo.us](mailto:tolaughlin@cardinals.k12.mo.us). Entries are to be completed by no later than **9:00 AM on April 11th, 2023. SUBSTITUTIONS SHOULD BE MADE BY 8:30 AM ON THE DAY OF THE MEET.**
2. Entries are limited to 2 participants and 1 relay. Athletes are limited to 4 events per MSHSAA standards.
3. The meet will be scored 10-8-6-5-4-3-2-1. Medals will be given for the first 4 places. Plaques will be awarded to the champion in both the boys and the girls division, along with the top individual meet scorers in each division.
4. Field events report to the event site when called, all runners will report to the bullpen area at the 50 yard line of the football field.
5. Implements will be weighed on the West side of the home bleachers. Shot put and discus will be pooled at the sight.
6. Contestants in the shot put, discus, long jump and triple jump will be given **3 trials**. Long and Triple jump will be run cafeteria style. **Do not tape the track or the resillite part of the runways. Only approved markers will be allowed.**
7. The high jump and pole vault starting heights will be determined by entries. Athletes will receive 3 attempts.
8. All jumping and running surfaces are resillite. Spikes must be 3/16" pyramid only. **NO NEEDLE SPIKES** allowed. Spikes will be checked at the bull pen and starting line. Longer spikes will result in disqualification for the athlete or relay team.
9. All contestants must be in proper uniform, according to MSHSAA standards.
10. We will provide starting blocks.
11. Coaches, managers, and spectators are asked to remain in the unrestricted areas only. Please stay out of the finish line area. No spikes in the bleachers.
12. Team camps are to be outside the fence surrounding the track and are not allowed on the concrete surfaces.
13. **Live results will be available by TRXC Timing at <https://liveresults.trxctiming.com/>, as well as posted to MOMileSplit after the meet.**
14. There will be a concession stand provided.
15. Admission will be \$4.00 for adults and \$2.00 for students.
16. No locker rooms will be available.
17. If you have any questions please call Taylor O'Laughlin at (573) 588-2208 ext 1210. Entry fee is \$175 per school due on or before April 11th, 2023.
18. [Click Here](#) to see heat and flight sheets

**Teams Participating:** Mark Twain, Marion Co., Westran, Paris, Atlanta, North Shelby, MMA, Bevier, Monroe City, Canton and Clopton

**2023 INVITATIONAL TRACK AND FIELD MEET  
South Shelby Middle School**

**April 11th, 2023**

**ORDER OF EVENTS**

**SCRATCH MEETING: BEGINS AT 3:15 PM BEHIND OLD CONCESSION STAND**

**FIELD EVENTS: BEGIN AT 3:30 P.M.**

GIRLS SHOT PUT	BOYS TO FOLLOW
BOYS DISCUS	GIRLS TO FOLLOW
GIRLS LONG JUMP	BOYS TO FOLLOW
BOYS TRIPLE JUMP	GIRLS TO FOLLOW
GIRLS POLE VAULT	BOYS TO FOLLOW
BOYS HIGH JUMP	GIRLS TO FOLLOW

**RUNNING EVENTS: BEGIN AT 4:15 PM**

**\* Girls will be first followed by boys**

**100 HURDLES  
100 M DASH  
4 x 200 M RELAY  
1600 M RUN  
4 x 100 M RELAY  
4 x 100 M THROWERS RELAY  
400 M DASH  
800 M RUN  
200 M DASH  
4 x 400 M RELAY**

\*\*\*\*Please note the restricted areas. These include the football field and those areas marked around the field events. As a reminder, only those athletes participating in the event and meet officials are allowed in the restricted areas. Coaches, please note the designated coaches boxes. No parents, spectators, non-participants, or coaches will be permitted in these areas.