

2023 SOUTH SHELBY MIDDLE SCHOOL OPEN MEET INFORMATION SHEET

DATES: March 21st, 2023

**SCHEDULE: Scratch and Sub Meeting 3:15
Field Events 3:30 - Running Events 4:15**

1. Coaches need to submit their entries on [MO.Milesplit](#). Timing is contracted through TRXC. If you have any entry questions contact Taylor O’Laughlin at tolaughlin@cardinals.k12.mo.us. Entries are to be completed by no later than **9:00 AM on March 20th**.
2. Entries are limited to 5 participants in open events and 2 relays. Athletes are limited to 4 events per MSHSAA standards.
3. The meet will not be scored.
4. Field events report to the event site when called, all runners will report to the bullpen area at the west end of the track.
5. Shot put and discus will be pooled at the sight.
6. Contestants in shot put, discus, long jump and triple jump will be given 4 trials. Long and Triple jump will be run cafeteria style. **Do not tape the track or the resillite part of the runways.**
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. [Click Here](#) to see heat and flight sheets**
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. Please stay out of the finish line area.
- 18.. If you have any questions please call Taylor O’Laughlin at (573) 588-2208 ext 1210
19. Entry fee is \$100 per school due on or before March 21st, 2023.

Teams Participating: MMA, Marion Co., Holy Rosary, Monroe City, Macon, Louisiana, Westran, Hannibal, North Shelby, Schuyler Co. and Chester Boren

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

March 21st, 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: 4:15 P.M.

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

100 M HURDLES
100 M DASH
4 x 200 M RELAY
1600 M RUN
4 x 100 M 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**