

JCAA Junior High Conference Track Meet

De Soto will be hosting the 2019 JCAA Junior High track meet.

When: Monday, April 29th, 2019

Time: Coaches meeting-3:15 p.m.

Field events-3:30 p.m. Running

events-4:00 p.m.

Scoring: 10-8-6-5-4-3-2-1

Order of Events: (Start time 4:00 p.m.) Field Events: (Start time 3:30 p.m.)

Girls followed by Boys

- 4 x 800 meter Relay
- 100 m Hurdles Girls
- 100 m Hurdles Boys
- 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
- Sprint Medley (200,100,100,400,-No Points-)
- 4 x 400 m Relay

-Pole Vault Girls followed by Boys Opening height- girls 5' boys 6' -Shot Put Boys followed by Girls --Discus Girls followed by Boys --High Jump Boys followed by girls Opening height- girls 3' 6" boys 4' 4" -Long Jump Boys followed by Girls -Triple Jump Girls followed by Boys

Registration: Please go to mo.milesplit.com/ to enter your athletes into the meet. All entries are due by Sunday, April 28th by 11:59 p.m. CST

Entries/Deadline: Two boys and Two girls entries per open event. Two boys and Two girls relay entries per relay event (scoring only one per school). Sprint Medley will be unlimited entries, and will not be scored. Each athlete can participate in a maximum of 4 events, three running and one field (vice versa or a combination thereof). Entries will be online at www.mo.milesplit.com Entry deadline will be at 11:59 p.m. on April 28, 2019. Entries can be substituted on the day of the meet, up to one hour before the start of the meet, at the finish

line. NO ADDITIONS WILL BE ALLOWED.

Work Assignments At this years JCAA Jr. High Conference Meet we will be needing coaches to help run field events and work exchange zones for certain relay races.

High Jump-Jefferson R-7 and Windsor

Long Jump-Festus

Triple Jump-Perryville

Pole Vault-Windsor

Shot Put-Hillsboro

Discus-Desoto

4 x 100 Relay-Zone 1-Crystal City, Zone 2-Herculaneum, Zone

3-Grandview

4 x 200 Relay-Zone 1 and 3-Herculaneum, Zone 2-Festus

Sprint Medley-Zone 1-Windsor, Zone 2-Hillsboro