

De Soto Junior High School Track and Field Invitational

- Date:** Thursday April 2nd, 2020
- Site:** J.C. Culwell Stadium @ De Soto High School
- Entry Fees:** **\$125.00 per girl's team and \$125.00 boy's team or \$250.00** for both divisions (\$450.00 if you would like to enter and A and B squad) Any questions please contact AD, deaton.matt@desoto.k12.mo.us . Mail fee to 815 Amvets Drive, De Soto MO 63020. Entry Fees are due PRIOR to or on the day of the event.
- Time:** Field Events start at 4:00pm and running events at 4:30pm. A brief coaches meeting will begin at 3:45pm in front of the press box. You will be allowed to make substitutions if necessary but there will be no reheating. The scratch meeting will end promptly at 4:00 pm. Please review the attached starting times for field events.
- Awards:** Individual/Relay Medals 1st through 4th place. 1st and 2nd place plaques for Men/Women total team points.
- Scoring:** 10-8-6-5-4-3-2-1
- Surface:** 8 Lane rubberized track. We allow 3/16" and **below** on the track and runways. NO TAPE on the track or runways! Use chalk or tennis balls for marks
- Seeding:** Heats/Flights will be seeded by time and distances entered.
- Field Events:** Shot put, Discus, Long Jump and Triple Jump will have 4 attempts, no finals. Pole Vault and High Jump will receive 3 attempts per height.
- Miscellaneous:** Bathrooms available; however, we **DO NOT** have locker rooms available for athletes. There will be a concession stand available. There will be an area for putting up tents on the practice field west of the stadium. The turf field will be used as a warm up area. **No gum, sunflower seeds, or food is allowed on the turf.** Please inform you athletes of this rule. A hospitality area will be provided for coaches and administrators and will be located in the press box.
- Bus Parking:** Lot near the tennis courts at the east end of the Stadium and also on the Junior High faculty lot located at top of hill. St. Louis Street will also be available.
- Medical issues:** A trainer will be present at the event
- Entries/ Deadline:** Two boys and two girl's entries per open event. **Two** boys and **two** girls relay entries per relay event (scoring only one per school). Each athlete can participate in a maximum of 4 events, three running and one field (vise versa or a combination there of). Entries will be online at www.mo.milesplit.com. **Entry deadline will be at 11:59 PM on April 1st , 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.**

Order of Running Events (Girls followed by Boys)

Running events start @ 4:30 p.m

4x800m relay

100/100 hurdles

100 meters

4x200 meter relay

1600 meter run

4x 100 meter relay

400 meter run

800 meter run

200 meter run

4x400 meter run

Field Events start @ 4:00pm

Girls discus followed by boys

Boys shot put followed by girls

Long and Triple will be cafeteria style: 4 jumps

Girls pole vault followed by boys

Boys high Jump followed by girls

NOTICE OF CHANGES FROM LAST YEAR:

As stated above, we are having **two** relays per gender this year. This is in an attempt to maximize athlete participation and minimize the addition of time to the meet. Only **one** team from each school will be scored and medaled in each relay. These relays we add to get some “extra” kids into the meet, allowing for 16 more participants than a standard meet. **WE HAVE ALSO ELIMINATED THE SPRINT MEDLEY SINCE WE ALLOW 2 RELAYS PER SCHOOL.**

WE HAVE ADDED 4X800M RELAY THIS YEAR SO WE WILL NOT BE HAVING THE OPEN 1600

Thank you if you have any questions please contact one of us.

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