

De Soto High School Track and Field Invitational

Date: Friday April 17TH 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. Any questions please contact AD, deaton.matt@desoto.k12.mo.us . Mail fee to 815 Amvets Drive, DeSoto MO 63020. Entry Fees are due PRIOR to or on the day of the event.

Time: Field Events start at 3:30pm and running events at 4:00pm. A brief coaches meeting will begin at 3:00pm in the track shed located at the northeast corner of the track. You will be allowed to only make scratches, no additions. The scratch meeting will end promptly at 3:15 pm. Please review the attached starting times for field events. **JAVELIN WILL START AT 3:30 P.M.**

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: Javelin, Shot put, Discus, Long Jump and Triple Jump will have 4 attempts. Pole Vault and High Jump will receive 3 attempts per height. Shot put and discus will throw in reverse order.

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.

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

Entry Deadline: All athletes are allowed in the maximum four events. All entries will be entered online utilizing www.mo.milesplit.com **The deadline for submitting entries is Thursday, April 16TH at 12:00 p.m.**

Order of Running Events (Girls followed by Boys)

Running events start @ 4:00 p.m.

4x800meter relay

100/110 hurdles

100 meters

4x200 meter relay

1600 meter run

4x 100 meter relay

400 meter run

300 meter hurdles

800 meter run

200 meter run

3200 meter run

4x400 meter run

Field Events start @ 3:30pm

Javelin will start at 3:30 p.m. Boys followed by Girls

Girls discus followed by boys

Boys shot put followed by girls

Long and Triple Jump: Cafeteria Style Boy's and Girl's together

Girls pole vault Followed by boys

Boys high Jump followed by girls

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

Terry Frank

Frank.terry@desoto.k12.mo.us

(636) 485-1651

Mike Genge

genge.mike@desoto.k12.mo.us

636-208-0247