

2021 ROCK BRIDGE JV MEET

HOSTED BY ROCK BRIDGE HIGH SCHOOL



TENTATIVE MEET INFORMATION
- ALL INFORMATION IS SUBJECT TO CHANGE

HEAD COACH: NEAL BLACKBURN
CONTACT INFORMATION
PHONE: 573-529-4792
EMAIL: nblackburn@cpsk12.org

ATHLETIC DIRECTOR: MICHAEL MCGINTY
CONTACT INFORMATION
PHONE: 573-214-3100
EMAIL: mmcginty@cpsk12.org

Coaches and Athletic Directors,

The following information concerns the "Rock Bridge JV MEET," a high school Track and Field Meet, to be held **TUESDAY, APRIL 20, 2021**, at the Rock Bridge High School Stadium.

ENTRY FEE: **\$150.00** Per School

Make checks payable to: Rock Bridge High School
c/o Michael McGinty, Athletic Director
4303 S. Providence Road
Columbia, MO 65203

ENTRY SHEETS: Entries are due no later than Sunday, April 18, 2021, at 5:00 PM.
All entries will be made online using momilesplit.com

Entries will be unlimited (max of 4 entries per athlete)

SEEDING: Heats/Flights will be seeded by time and distances entered.

GAMES COMMITTEE: Head coaches from each participating school

RUNNING SURFACE: Rubber 400m eight lane track. 3/16" pyramid spikes are to be used or smaller. Jump runways are the same surface. USE OF LONGER SPKES WILL RESULT IN YOUR ATHLETE BEING DISQUALIFIED.

CONCESSIONS: will be available for purchase

TEAM TENTS: TBD

WARM-UPS: There will be a designated area for warm-ups, during the meet, on the practice football fields.

Schedule of Events (*tentative*)

Field Event Starting Times

2:30 pm	Boy and Girls Javelin (combined) – Cafeteria Style – 3 throws	
3:00 pm	Boys Pole Vault	(Girls to follow)
4:00 pm	Boys Discus	(Girls to follow) – Two Flights – Cafeteria Style – 3 throws
4:00 pm	Girls Shot Put	(Boys to follow) – Two Flights – Cafeteria Style – 3 throws
3:00 pm	Girls High Jump	(Boys to follow)
3:00 pm	Girls Long Jump	(Boys to follow) Cafeteria Style/One hour for 3 jumps
3:00 pm	Boys Triple Jump	(Girls to follow) Cafeteria Style/One hour for 3 jumps

Running Events Begin @ 4:00 pm and will proceed on a Rolling Time Schedule

All events run Girls followed by Boys

4X800m Relay

100m Hurdles (power seeded)

110m Hurdles (power seeded)

100m dash (power seeded)

4X200m relay

1600 m

4 X 100m relay

400m

300m hurdles

800m

200m (power seeded)

3200m

4X400m

