


2025 Central State 8 Conference Meet

Meet Date:	Thursday, May 1st		
Start Time:	Field Events: 3:30 Running Events: 4:30		
Teams:	Eugene Fayette Linn Harrisburg	New Bloomfield Russellville South Callaway Tipton	
Timing:	All running events will be F.A.T. timed. Timing of the meet will be done by MoFastTiming (https://www.mofasttiming.com/). We are excited to have their help and expertise for this meet!		
Entries:	Each school is limited to 2 varsity entries and 1 JV entry in individual events and 1 entry for relays. To enter your athletes you must enter on mo.milesplit.com by 9:00PM on Wednesday, April 30th. There will be no changes after that time. Only scratches at the coaches meeting. If you have any questions with Milesplit, please email me at trulo@coler1indians.org or mofasttiming@gmail.com or give me a call at 314.210.0209.		
Fees:	For our invitational meet we will have the following fees: \$125/gender or \$250/school If less than 12 athletes - \$10/athlete We will be charging \$5 admission for adults Senior citizens (65+) and students are free		
Scoring & Medals	There will be a plaque for first place team for each boys and girls. 1st - 3rd will medal for each individual event and 1st & 2nd medals for the relays, those receiving a medal will be considered all-conference. Conference MVP plaque will be awarded to the individual athlete (1 boy and 1 girl) who scores the most points. Relay points will be divided among all relay members.		
Javelin:	We will be conducting the Javelin on the infield with a grass approach.		
Coaches Meeting:	An informational and scratch coaches meeting will be held at 3:00p		
Special Event	We will be recognizing our seniors at 4:15p before the start of the running events.		
Spikes:	Up to 1/4" spikes are allowed.		
Parking:	Buses will need to be parked in the gravel parking lot next to the baseball.		
Marking:	Please refrain from the use of tape on the track surface, chalk and tennis balls are acceptable.		
Meet Results:	Upon completion of the meet, results will be posted on mo.milesplit.com		
Exchange Zone Judges:	4x100 4x200 800/1600/3200/4x800	Will be decided at the coaches meeting	
Order of Events:	1st round field events: Girls Javelin, Boys Discus (in flights) , Boys Shot Put (cafeteria in groups of 8) , Girls Pole Vault, Girls Triple Jump, Boys Long Jump, Boys High Jump * Long Jump/Triple Jump will be run cafeteria style with a 1.5 hour time limit * * Opening heights for the high jump and pole vault will be determined at the coaches meeting *		
Concessions:	There will be concessions provided on site.		
If you have any questions please contact: Lucas Branson (Athletic Director) or Tim Rulo (Head Coach) 314.210.0209			