



HELIAS CATHOLIC JV INVITATIONAL

Tuesday, May 6th, 2024



Entry Fee: \$275 per Team

Site: Ray Hentges Stadium: 1305 Swifts Highway, Jefferson City, MO 65109

Participation: Each Team is allowed five entries per individual event & one relay per team

Entries: To Be Completed on MO Mile Split. www.mo.milesplit.com

Entry Deadline: Please have all entries entered by 6:00 pm on Monday May 5th

Teams: Blair Oaks, Battle, Hickman, Rock Bridge, Jeff City, Capital City, Helias, Smith-Cotton, Lighthouse Preparatory Academy, Father Tolton

Coaches Meeting/Scratch Meeting: 4:00 pm - held in Film Room (2nd floor of South Tower)

Scoring: Team Scores will be kept. 10-8-6-5-4-3-2-1 in all events.

Results: Results will be emailed after the meet and will be posted on MO Mile.

Medals: We will have medals for the top 3 in each event

Field Events:

****(**No Javelin** this year due to construction on our campus)****

4:15	Girls Triple Jump	Boys High Jump
	Girls Discus	Boys Shot Put
	Girls Pole Vault	Boys Long Jump
5:45	Girls High Jump	Boys Triple Jump
	Girls Shot Put	Boys Discus
	Girls Long Jump	Boys Pole Vault

- Starting heights for High Jump and Pole Vault will be discussed at coach's meeting.
- Cafeteria Style (3 Jumps) for Long & Triple Jump
- Cafeteria Style (3 Throws) in Shot Put & Discus

Other Track Meet Information:

- Only 1/4" or less spikes will be allowed on the track and runways.
- Discus and shot rings are concrete.
- Starting blocks will be provided.
- There will not be any tape allowed on the runways or any running surface.
- There will be no locker room available.
- We will take a moment to recognize our Helias Seniors after the Boys 1600 Meter Run.

- Rest rooms are located on the third floor of each Tower.
- Please come dressed – changing facilities will not be available.
- Athletic trainer will be available on the second floor of the South Tower.
- Bring your own water. Concessions will be available.
- Team Tents can be erected in the stands in the top levels. No tents on any synthetic surface (this includes the soccer field)
- Athletes only inside fence. Bull Pen will be in the south end zone.

Running Events: All Running Events start at 4:30

- All Running Events will be Girls followed by Boys.
- No prelims; All heats against time
- Fast heat will run last.
- All runners should report to bullpen when called.
- Order of events
 - 4x800 Meter Relay (double waterfall start)
 - 100/110 Meter High Hurdles
 - 100 Meter Dash
 - 4x200 Meter Relay (lanes all the way)
 - 1600 Meter Run (double waterfall start)
 - Helias Seniors Recognition
 - 4x100 Meter Relay
 - 400 Meter Dash
 - 300 Intermediate Hurdles
 - 800 Meter Run (double waterfall start)
 - 200 Meter Dash
 - 3200 Meter Run (double waterfall start)
 - 4x400 Meter Relay
- **Timing:** All timing will be done by MO Timing
- **Starters:** Glenn Pickett and Tom Emmel



Questions Please Contact

Helias: 573-635-6139

Dwayne Clingman (AD): dclingman@heliascatholic.com
 Phil Pitts (Head Track Coach): ppitts@heliascatholic.com

