



2025 Malden Junior High School Track and Field Invitational

Contact Information: Coach Peden Email: justinpeden@maldenmoschools.org

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Meet Info: Malden Junior High School will be hosting an Invitational on Tuesday, April 15th, 2025.

Coaches: Scratch Meeting 3:15 in FEMA Building (East Side Entrance). Scratches only on the day of meet. Adds will not be accepted.

Hospitality Room: Will be open to all officials, coaches, and bus drivers.

Divisions and Entry Fee: Junior High boys and girls divisions. There will be no entry fee for this meet.

Registration: Must enter entries on MOMileSplit by Monday, April 14th 2024 at 9:00 A.M.

Entries: Limited to 2 participants per event per school and 1 relay per school. Athletes may participate in up to 4 events. Coaches may manage their entries until April 14th, 2025 at 9:00 AM.

Timing and Performance Lists: Timing will be hand timed. Times will be told to runners and results will be posted on MOMileSplit.

SCORING: 10-8-6-5-4-3-2-1

SEEDING: Heats/Flights will be seeded by time and distances entered. All running events will be scored as "heats against time." There will be **NO PRELIMS!** We'll heat by time; the last heat will be considered the "hot heat!"

AWARDS: No medals will be awarded for this event.

Concessions: Full Concessions will be available during the meet.

TEAM TENTS (SEE MAP): Tents may be placed in the outside grass area along the Northeast corner of the track just North of the visitor bleachers. All teams should use the visitor bleachers on the East Side. Coaches are responsible for the supervision of their athletes. Trash cans will be provided for trash disposal.

GAMES COMMITTEE: All coaches not involved in the occurrence that needs to be adjusted.

RUNNING SURFACE: STOBITAN® RUNNING TRACK SYSTEMS by Fisher Tracks. 400 m six lane track. 3/16" spikes are to be used or smaller. Jump runways are the same surface. Please adhere to the spike rule.

WORK ASSIGNMENTS: Malden High School will try to provide all necessary workers in order to allow coaches the opportunity to concentrate on the coaching and supervision of their athletes. **The only thing we may need is timers.** We will have assigned schools as "relay exchange judges" for sprint relays, in which case each school assigned will provide 2 coaches at each exchange point.

Relay Exchanges TBA

4x100 1st, 2nd, 3rd

4x200 1st & 3rd

4x400 Malden and official

Running Events *Starts 4:15*

100m Hurdles

100m dash

4x200m

1600m

4x100m

400m

800m

200m

4x400m

Field Events *Starts 4:00*

All jumps and throws will have 3 attempts per athlete.

Athletes have 2 hours to complete Long and Triple Jump Long Jump (cafeteria style)

4:00 – 6:00PM

High Jump - Men to be followed by ladies

Shot put - Ladies to be followed by Men

Discus - Men to be followed by Ladies

Pole Vault: NO POLE VAULT

Malden High School Track and Field Meet Map

← NORTH

