

SEMO Activities Association Track and Field Meet

- Physical Hosts:** Cape Central High School
- Meet Manager:** Tyson Moyers
- Dates:** Saturday of MSHSAA week 43 (May 3rd, 2025)
- Timers:** Championship Timing (Online entry and scratches) - Entry will be on MOMILESPLIT
- Entries:** Entries are due by Thursday, May 1st at 5 pm
- Scratches/Changes:** Final Scratches/Changes are due by Friday, May 2nd at 9:00 am
- Medals:** Awarded to top 3 finishers in each division & top 3 finishers overall.
- Plaques:** Top team in each division/gender. Top two overall by gender.
- Awards:** Track Performer, Field Performer and Overall Performer
- Officials:** Two Starters, one field event judge/starter, Bullpen
- Cost:** Prorated following the meet. The number of JV teams will more closely determine the price.
- Time Schedule:** A schedule is attached.
- JV Division:** There will be a JV division. You may only enter athletes in to the JV division if you have filled your quota in your varsity division, times and distances are below your varsity division entrants and those athletes are in the 9-11 grades. Any entrance into the JV division will trigger another fee for that school.

Teams:

North	South	East	West
Cape Central	Caruthersville	Charleston	Bell City
Jackson	Dexter	East Prairie	Chaffee
Poplar Bluff	Kennett	Kelly	Delta
Sikeston	New Madrid	Malden	Hayti
Notre Dame	Saxony Lutheran	Woodland	Marquand-Zion
	Doniphan		Oran
			Scott City
			Scott Central
			Zalma

- Games Committee:** Games committee will be the meet manager, head official, Jim May (Sikeston), Andrew Webster (Kennett), Ian Penrod (East Prairie), Chris Moody (Zalma). They will set opening heights and handle any onsite protests.
- Field Events Trials:** All throws will be 3 throws - top 9 to finals for 3 additional throws. Throws will be 2 and 1 in Prelims. In the first 2 we will only measure the furthest throw. 1-1-1 in the finals in descending order.
- Horizontal Jumps will be Cafeteria style - 3 jumps - top 9 to finals for 3 additional jumps.
- Only Varsity competitors will advance to the finals. JV will get 3 attempts only in horizontal jumps and throws.
- Vertical Jumps will be 5 alive.
- Field Event Workers:** Morning session field event workers meet at the timing trailer at 8:45 am for instructions.
- Afternoon session field event workers meet at the timing trailer at 11:45 am for instructions.
- Team Drop Off:** Drop near tent city. Please drop as quickly as possible and park in the bus parking area.
- Bus Parking:** See map.
- Concessions:** See Map.
- Bathrooms:** See Map.
- Tent City:** See Map.
- Team Warm Ups:** See Map.
- Infield:** The track infield will be off limits to all spectators. Coaches only in this area and we would like to keep the area near the awards stand as clear as possible. Jumpers can warm up there individually but please keep them as close to their event area as possible. This is not a place for teams to congregate. Please inform your athletes of this. They will be asked to leave the area if they are not competing or warming up.
- Trainer:** There will be a trainer(s) on site. Coaches and athletes need to remember to bring any and all medication that they need to the meet.
- Entrance:** See Map.
- Field Event Spectators:** There will be specific locations for spectators to watch all events.
- Hospitality:** A hospitality room for workers and coaches will be provided.
- T-Shirts:** T-shirts will be on sale at the meet.