

Hermann High School Track and Field

Josh Morris – Head Track Coach

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HERMANN INVITATIONAL

Monday, April 22, 2024

Dear Athletic Director/Track Coach:

Participating Schools: Bourbon, Centralia, Chamois, Cuba, Elsberry, Hermann, Linn, New Haven, Owensville, Pacific, Principia, St. James, South Callaway, Wright City

Games Committee: St. James, Owensville, New Haven

ORDER OF EVENTS

COACHES / SCRATCH MEETING - 3:30 Finish Line	
<u>Order of Events - Start At 4:30 PM</u> (Boys will run First)	<u>Field Events Start at 4:00 PM</u>
4x800m relay	Boys Discus (Girls to follow)
100/110m hurdles	Girls Shot Put (Boys to follow)
100m dash	Boys Pole Vault (Girls to follow)
4x200m relay	Girls High Jump (Boys to follow)
1600m run	Boys Long Jump (Girls to follow) 90 minutes each
4x100m relay	Girls Triple Jump (Boys to follow) 90 minutes each
400m dash	Boys Javelin (Girls to follow) 90 minutes each
300m hurdles	
800m run	
200m dash	
3200m run	
4x100m throwers relay (no team score)	
4x400m relay	

GENERAL MEET INFORMATION

We ask that you arrive before 3:00 pm, or after 3:15 pm. Enter on the south bridge, turn right. Drop athletes at scoreboard gate (tent area). Buses should then follow the drive around in front of the high school building and park in the lot in front of the Central Office building.

Send \$250.00 entry fee to: Hermann High School
c/o Todd Anderson, Athletic Director
176 Bearcat Crossing
Hermann, MO 65041

ENTRIES MUST BE SUBMITTED ONLINE at *mo.milesplit*
DUE BY NOON ON **Friday, APRIL 19, 2024.**
(E-mail jmorris@hermann.k12.mo.us with questions)

1. The first eight places in each running event shall be scored (10-8-6-5-4-3-2-1). The first eight places in relays shall be scored (10-8-6-5-4-3-2-1). In case of ties, the points shall be divided and the contestants shall flip for the medals.
2. **Two entries** per gender per event, **1 relay** per gender for each school. Please only enter your athletes who are in a throwing event at this meet in the throwers relay.
3. Medals will be given for the top six places / top four places for relays.
4. **Plaques will be given to the 1st and 2nd place teams.**
5. Scratch Meeting – The scratch meeting will be held at the finish line at 3:30 pm. Scratches for field events will be done at the event. No substitutions or additions will be made.
6. Field events will have 3 attempts that will be supervised and measured.
7. Javelin will be cafeteria style boys first, girls to follow. Each athlete will receive 3 throws.
8. Pole Vault and High Jump starting heights will be determined based on entry heights. *(All warm-ups need to be taken prior to the start of the event.)*
9. The long jump and triple jump will be run cafeteria style with a 90 minute time limit for boys, and 90 minute time limit for girls. Participants will have 3 jumps that can be taken any time during their 90 minute time limit. **After the 90 minute time limit is up, no additional jumps will be given.**
10. If field event participants leave, they will have 15 minutes to report back to their field event from the time they leave.
11. Shot and Discus will be flighted. Athletes will get 3 throws.
12. Athletes must report to the bullpen prior to their race. No athlete will be added to a race at the starting line. **Any athletes that are not at the bullpen after the third call will be scratched.**
13. Automatic timing will be used. If we have technical difficulties, each team will need to provide a timer. All races against time.
14. Equipment: Blocks provided, only 3/16 inch spikes on track and jump surfaces. Shot and discus are concrete surfaces. The javelin runway is on grass. Track spikes are not to be worn in the bleachers.
15. Concessions and restroom facilities available at the track by the concession stand. **DO NOT USE SCHOOL BUILDING.**
16. *Team camps will be set up on the “East” side of the field – between the fences.*
17. Press box access - Off limits to athletes and parents. No access to the roof of the Press box.

Relay Judges

4 x 800m Relay Break Line	Hermann		
4 x 200 Exchange	1st/3rd Bourbon/South Callaway		
4 x 100 Exchange	Centralia	Wright City	Elsberry
3200m Break Line	Hermann		
4x400m Break Line	Hermann		