



Cameron Veterans Middle School Invitational

Track Meet

Tuesday, March 26th 2019 4:00pm



Teams Involved:

Smithville Maryville Chillicothe Spring Garden Cameron Trenton Winston

1. This track meet is being held at the Cameron High School track.
2. Each school may enter **4** athletes in each individual event and **TWO** teams per relay. All entries must be enter on www.DirectAthletics.com (meet titled: Cameron Veterans Middle School Invitational 2019) by 10am, March 26th. All events will be heated/flighted by times/distances entered by coach.
3. If you have questions please contact Laurie Tunks (ltunks@cameronschools.org) or Philip Robinson (probinson@cameronschools.org) at (816) 882-1041.
4. A informational meeting will be held at 3:45pm in the 'field house' adjacent to the track (north end).
5. This meet will be scored, and heat sheets and field event results will be available after the event, as well as upload to DirectAthletics for future use.
6. Medals and ribbons will be awarded (medals 1st-3rd place, ribbons 4th-6th place)
7. The MSHSAA events and regulations will be enforced.
8. An individual athlete may enter and participate in **FOUR** events, as long as one is a field event or one is a running event.
9. Each school should furnish their own shot put, discus and batons. Running surfaces and runways are all-weather, 1/8 inch pyramid spikes only or running shoes.
9. All coaches are asked to tell their teams to avoid gum, sunflower seeds or other damaging products on athletic surfaces, please remind their athletes to stay off of the football field or away from the bullpen area except for reporting to compete.
10. We may need to ask visiting coaching staff to help with the running of the meet (we will ask at the coaches meeting).

RUNNING EVENT ORDERS:

Start at 4:15 (1st call at 4:00)

75 m Hurdles	Relay 4 x 100 m Relay
100m Hurdles	400 m Dash
100 m Dash	800 m Run
Relay 4 x 200 m Relay	200 m Dash
Run 1600 m Run	Relay 4 x 400 m Relay

FIELD EVENT ORDERS:

8G, 7G, 8B, 7B High Jump- 4:00

Opening Heights:

7G- 3'8" 8G- 3'10" 7B- 4'0" 8B- 4'2"

8G, 7G, 8B, 7B Discus- 4:00

7G, 8G, 7B, 8B Triple Jump- 4:00

8B, 7B, 8G, 7G Shot Put- 4:00

7B, 8B, 7G, 8G Long Jump- 4:00



We are able to have great meets because of your help and the outstanding athletes you work with everyday. We are fortunate to have coaches and athletes of such quality visit and compete at our school.

Best of luck to your track team, we hope you have an enjoyable meet. If you have any questions, please call Kristi Stover or Matthew Wenck at (816)632-2129 or email at kstover@cameronschools.org or mwenck@cameronschools.org