



# AAA Conference Track & Field 2021

## Meet Information



- Date:** Tuesday, May 4, 2021 (Varsity Meet)  
Wednesday, May 5, 2021 (JV Meet)
- Time:** Coach Meeting: 3:30pm – DO NOT ARRIVE UNTIL 3:20PM  
Field Events: 4:00pm  
Track Events: 4:30pm
- Coaches Meeting:** There will be a coach meeting at 3:30pm in the gym commons area. Please enter through the Middle School entrance located under the green awning. Each team must have at least 1 representative present. We will make final scratches and heat adjustments if necessary. **THERE WILL BE NO ADDS.**
- Meet Entries:** TRXC Timing will be used. Register at [mo.milesplit.com](https://www.mo.milesplit.com) All times will be taken from MoMileSplit. (registration will begin soon)
- Entry Limit:** 2 per event & 1 relay team – Athletes must choose which day to compete.  
**NO ATHLETE CAN COMPETE IN BOTH VARSITY AND JV.**
- All entries must be entered within 48 hours of registration opening.
- COVID Precautions**
- All athletes, coaches, and spectators will be required to wear a mask when inside the school. Athletes are not required to wear masks during warm-up or competition. Teams are highly encouraged to bring their own equipment.
- Spectators may sit in the stands in areas designated for social distancing (between the taped areas). **DO NOT** sit on the color taped areas.
- Coaches may stand outside of the black fenced areas on the bleacher side of the stadium, as well as the outside of the fence on the tree line side of the stadium. (see school image)
- Admission Cost:** \$5 per adult / \$3 per student
- Field Events:** All field events will be run cafeteria style with 4 attempts and no finals. Each pit/ring will be open for 1.5 hours; a final attempt announcement will be made with 10 minutes left in the competition; Run-throughs will not be allowed once the event has started. Per new MSHSAA guidelines, athletes will not be able to run in the opposite direction on the runway to get marks.
- Awards:** A team plaque will be awarded for the first-place team and second-place team in both boys and girls division. Medals will be awarded for the top 3 places in each event. Team scoring will follow the 10-8-6-5-4-3-2-1 format for all events.
- Please pick up awards packet at the end of the day from the press box.
- Team Camps & Warm-ups:** Coaches & Administrators must supervise your athletes as we would like to limit the turf infield access to Coaches, Administrators, and competing Athletes only.
- Please ensure your team camp is set-up in designated area only. (please see school image for Tent City area) – **NO TEAM TENTS IN THE BLEACHERS OR ON THE TURF FIELD**
- Additional Information:**
- 1/4" spikes or less
  - Concession stand will be available
  - Buses should drop off athletes at the school then park in the church parking lot (see diagram on next page)

## Meet Schedule

3:30pm – Coaches' Meeting / Warm-ups begin

4:00pm – Field Events

Closes at 5:30pm

- Men:
- Long Jump
  - Javelin
  - Shot Put
  - Pole Vault
- Women:
- Long Jump
  - High Jump
  - Discus

6:00pm – Field Events

Closes at 7:30pm

- Men:
- Triple Jump
  - High Jump
  - Discus
- Women:
- Triple Jump
  - Shot Put
  - Javelin
  - Pole Vault

4:30pm – Running Events

Rolling meet schedule with women's events first followed by men's.

- 4x800 relay
- 100/110 hurdles
- 100m dash
- 4x200 relay
- 1600m run
- 4x100 relay
- 400m dash
- 300 int hurdles
- 800m dash
- 200m dash
- 3200m run
- 4x400 relay

### Field Event Team Assignments

Men's Long Jump: (CHRISTIAN)  
 Men's Triple Jump: (CHRISTIAN)  
 Men's High Jump: (Duchesne)  
 Men's Shot Put: (Father Tolton)  
 Men's Discus: (St. Mary's)  
 Men's Javelin: (Borgia)  
 Men's Pole Vault: (St. Dominic)

Women's Long Jump: (Trinity)  
 Women's Triple Jump: (Cardinal Ritter)  
 Women's High Jump: (Duchesne)  
 Women's Shot Put: (Notre Dame)  
 Women's Discus: (Rosati-Kain)  
 Women's Javelin: (Borgia)  
 Women's Pole Vault: (St. Dominic)

### Relay Event Team Assignments

4x100 / 4x200 1<sup>st</sup> Exchange: (Cardinal Ritter)  
 4x100 / 4x200 2<sup>nd</sup> Exchange: (Trinity)  
 4x100 / 4x200 3<sup>rd</sup> Exchange: (Father Tolton)

