

2023 MS Track Meet Coach's Meeting Notes

4/20/23

- The meet will be scored for the first time. The events that will be scored will be the Elite Races (100, 200, 300), mile, relays and field events. Scoring will be as follows: 1st - 10 points, 2nd- 8 points, 3rd - 6 points, 4th -4 points, 5th - 2 points, 6th- 1 point. REACH will present a perpetual trophy to the winning school each year moving forward.
- Clothing: school P.E. shirt & shorts * no spikes
- Water will be provided to the school by REACH
- Each school will bring their own battons - Tuffrey MS will bring the shot puts (boys 8 lbs & girls 6lbs)
- High Jump starting heights:
 - 7th gr. Girls - 3' 4"
 - 7th gr. Boys - 3' 6"
 - 8th gr. Girls - 3' 6"
 - 8th gr. Boys - 3' 8"
- Medals & Ribbons - Elite race, mile, field event and relay winners (1st, 2nd, 3rd) will receive medals. Open class heat winners will receive ribbons - coaches will be able to pick up their envelope of ribbons at the end of the meet along with any medals not picked up
- For athletes who participate in both sprints/relays and field events, the races will take precedence over the field events. When a race/relay event is announced, athletes will inform the field event judges they are leaving and will be allowed to return upon the completion of the race/relay
- Shot put: 3 throws per person
- 1600 race: Athletes may leave the race if they are too tired. They should move to the inside of the track to the field area
- Event check-in tables: boys & girls

- NEW: If a student athlete who is entered in an “Elite” race and is not able to compete the day of the event, please select another student athlete and make the change in person at the timing table. ** We want to make sure every school has an athlete running in every “ELITE” scored event.
- Athletes/school set up will again be on the visitors side of the stadium (let your bus driver know
- **Meet events will start at 3:00 PM**