

2026 Carrollton Early Bird Track Meet Program



DATE:	Thursday, March 26th
TEAMS:	Braymer, Breckenridge, Brunswick, Carrollton, Hale, Hardin-Central, Keytesville, Lathrop, Lexington, Meadville, Norborne, Northwestern, Orrick, Santa Fe, Southwest, Tina-Avalon, Wellington-Napoleon
TIME:	Coaches Meeting: 12:30 pm - located in the track shed on the south side of track Field Events: 1:00 pm Running Events: 2:00 pm
CONTACT INFO:	Michael Lock: Athletic Director (lock-michael@trojans.k12.mo.us (660-542-4449) Alex Molloy: Head HS Coach (molloy-alex@trojans.k12.mo.us (660-329-0931) Michael Broyles: Head JH Boys Coach (broyles-michael@trojans.k12.mo.us (660-815-7457)
SPECTATOR ADMISSION:	Free. We will have concessions (please support our booster club). Each coach will receive a meal ticket for the concession stand.
COST:	\$200.00 entry fee for HS teams, \$150.00 entry fee for JH teams, or \$15.00 per athlete. Please bring check to the meet or send it to Carrollton High School % Michael Lock. Checks made payable to Carrollton Athletics.
BUSES:	Please park on the east side of the track on Mason Street.
ENTRIES:	Two entries per event and one relay per school. Entries entered on Athletic.net. Entries are due by 12:00 pm on March 25th. There will be no changes/substitutions on the day of the meet - only scratches.
STARTER:	Gary Hinton
GAMES COMMITTEE:	Head Coaches from: Carrollton, Hardin-Central, and Lexington
EQUIPMENT:	Rubber track and runways - 3/16" spikes - starting blocks are provided - no tape on track
AWARDS:	We will not be awarding medals at this meet.
SCORING:	Individual: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1
BAR HEIGHT:	Opening heights for high jump and pole vault will be determined at the scratch meeting.
FIELD EVENTS:	The triple and long jump will be run cafeteria style with 3 jumps. Athletes will have 1 hour to complete all jumps. High jump and pole vault will be run straight through seeded lowest to highest. Javelin, shot put, and discus will be flighted with 3 throws each. No finals. We will implement a scratch line for all throwing events. First throw will be measured.
FINALS:	We will not run prelims, only finals.
BULLPEN:	Bullpen will be located in the red tent on the north end of the football field.
TRAINER:	HOSA will have a medical/hydration station in the track shed for athletes and spectators.
TIMERS:	Trojan Timing. We will be using the FinishLynx timing system and Hy-Tek meet management software.
EXCHANGE ZONES:	4x1 Relays - Zone 1: Breckenridge Zone 2: Hardin-Central Zone 3: Hale 4x2 Relay - Zones 1 & 3: Southwest Zone 2: Lathrop
HURDLES JUDGES:	Zone 1: Keytesville Zone 2: Tina-Avalon Zone 3: Northwestern

Field Events begin at 1:00 pm

Each school assigned to an event is expected to bring two or more coaches to run the event.

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Field Event	1st	2nd	3rd	4th
Shot Put	JH Girls	JH Boys	HS Girls	HS Boys
	Brunswick		Norborne	
Discus	HS Boys	HS Girls	JH Boys	JH Girls
	Carrollton			
Javelin	HS Girls	HS Boys		
	Santa Fe			
Long Jump	JH Girls	JH Boys	HS Girls	HS Boys
	Orrick		Lexington	
Triple Jump	JH Boys	JH Girls	HS Boys	HS Girls
	Wellington-Napoleon		Meadville	
High Jump	HS Boys	HS Girls	JH Girls	JH Boys
	Carrollton			
Pole Vault	HS Girls	HS Boys	JH Girls	JH Boys
	Carrollton			

Running Events begin at 2:00 pm

JH Girls 4x800 Meter Relay
 JH Boys 4x800 Meter Relay
 HS Girls 4x800 Meter Relay
 HS Boys 4x800 Meter Relay
 JH Girls 100 Meter Hurdles
 JH Boys 100 Meter Hurdles
 HS Girls 100 Meter Hurdles
 HS Boys 110 Meter Hurdles
 JH Girls 100 Meter Dash
 JH Boys 100 Meter Dash
 HS Girls 100 Meter Dash
 HS Boys 100 Meter Dash
 JH Girls 4x200 Meter Relay
 JH Boys 4x200 Meter Relay

HS Girls 4x200 Meter Relay
 HS Boys 4x200 Meter Relay
 JH Girls 1600 Meter Run
 JH Boys 1600 Meter Run
 HS Girls 1600 Meter Run
 HS Boys 1600 Meter Run
 JH Girls 4x100 Meter Relay
 JH Boys 4x100 Meter Relay
 HS Girls 4x100 Meter Relay
 HS Boys 4x100 Meter Relay
 JH Girls 400 Meter Dash
 JH Boys 400 Meter Dash
 HS Girls 400 Meter Dash
 HS Boys 400 Meter Dash

HS Girls 300 M Hurdles
 HS Boys 300 M Hurdles
 JH Girls 800 Meter Run
 JH Boys 800 Meter Run
 HS Girls 800 Meter Run
 HS Boys 800 Meter Run
 JH Girls 200 Meter Dash
 JH Boys 200 Meter Dash
 JH Girls 4x400 M Relay
 JH Boys 4x400 M Relay
 HS Girls 3200 Meter Run
 HS Boys 3200 Meter Run
 HS Girls 4x400 M Relay
 HS Boys 4x400 M Relay

Thank you for participating in the Early Bird Track Meet at Carrollton High School.

Michael Lock: CHS Athletic Director

Alex Molloy: Head HS Track Coach

Michael Broyles: Head JH Boys Track Coach

Cell: 660-542-4449

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