



Chester Boren Middle School
110 N. Jefferson St. Centralia, MO 65240
Phone: (573) 682-2617 Fax: (573) 682-1500

Head Boys Coach: daniel.hakes@cr6.org
Head Girls Coach: logan.ross@cr6.org
Athletic Director: josh.lancaster@cr6.org

Coaches,

I have just a few things to remind you about. If you have any questions about anything, I should be around the track or press box at all times. Additionally, there will be coaches from Centralia at the finish line.

We will need your help on the 4x200 & 4x100 relay exchanges. Please report to your designated exchange zones when it is announced. The flags and lane assignments will already be there.

Items of interest:

- o Field events will start at 3:30 p.m. If there are substitutions, mark them on the posted entry sheets and have your athletes just sub at the event. If you are scratching them out completely from a field event, have them report (or send a representative) to notify the event helper of that fact.
- o Athletes can warm up in the designated zone on the field but must stay inside the cones to prevent wandering near the finish line.
- o There will be three (3) calls on every event. Make sure your athletes check in no later than the 3rd call. All field events report to the event location. All track events report to the bullpen on the north side of the track.
- o Please ensure that your athletes are wearing their uniform. Any undergarments worn under the uniform must be a solid color. Relay teams must wear the same color and look like one team.
- o Make sure your athletes have 3/16" pyramid spikes. Spikes will be checked in the bullpen.
- o Results will be posted on the East wall of the bathrooms during the meet. Final results will be uploaded to *Athletic.net* immediately following the meet.
- o All timing is done with FinishLynx video timing. The camera is on the infield but the area outside the finish line fence should stay clear on the path so things don't get overcrowded by pole vault. Athletes and coaches outside the fence.
- o Have your pole vault poles and shot/discus implements checked ASAP.



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Centralia Track - Medal Meet Rules

1. Athletes limited to 4 events (only 3 running on the track). All events are finals. Each team is allowed **TWO** entries in individual events and **ONE** relay team.
2. All participants must be in school uniform. Relays should have the same colors.
3. Field events have a **15 minute checkout** limit and will be scratched after that time limit expires. Athletes doing multiple field events need to communicate with the event leader (with clipboard) when they leave and come back to an event. Athletes should wait until the 2nd call to leave their events. **ALL field events will run in flights.**
4. Long jump, triple jump, shot put, and discus will have 3 attempts.
5. Shot put & Discus are located outside the fence at the northeast side of the track, Long & Triple Jump south of the track, Pole Vault south of the bleachers, and High Jump is by the north endzone inside the track.
6. Only high jump athletes and their individual event coaches OR athletes warming up on the north side of the 50 yard line are allowed on the infield.
7. Long and triple jump runways are rubberized surfaces. (3/16" or smaller pyramid spikes required.) The shortest long jump board is 6 feet (~1.84m) to the pit. There are several triple jump lines starting as short as 18 feet (~5.5m). All measurements are metric.
8. The starting height for high jump will be determined by entries at the coaches meeting. We will start at about 4" (~10cm) below the 8th best jump. Approximately _____ m for girls, _____ m for boys.
9. The starting height for pole vault will be determined by entries at the coaches meeting. We will start at about 6" (~15cm) below the 8th best vault. 1.55m is the lowest our standards will go and we will increase by 15cm.
10. Team scoring will be announced periodically on each event result posted. We will place 8 per event. Medals will be awarded to each gender per event for the top 4 relay teams and top 6 individual athletes. Plaques to the winning teams. Please send a coach to the press box after the meet to collect awards.



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Order of Events

- 3:15pm Coaches Meeting
(meet at the garage door at North end of bathroom building)
- Check entries & scratch
 - Sign in pole vaulters & get poles checked
 - Assign exchange zones
- 3:30pm Field Events Start
Boys High Jump followed by Girls High Jump
Boys/Girls Long Jump followed by Boys/Girls Triple Jump
(simultaneous on different pits)
Girls Pole Vault followed by Boys Pole Vault
Boys Shot Put followed by Girls Shot Put
Girls Discus followed by Boys Discus
- 4:30pm Track Events Start
Girls 4x800 M Relay
Boys 4x800 M Relay
Girls 100 M Hurdles
Boys 100 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 4x200 M Relay
Boys 4x200 M Relay
Girls 1600 M Run
Boys 1600 M Run
Girls 4x100 M Relay
Boys 4x100 M Relay
Girls 400 M Dash
Boys 400 M Dash
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash
Boys 200 M Dash
Girls 4x400 M Relay
Boys 4x400 M Relay

Results will be posted on Athletic.Net at the conclusion of the meet.

Please send a coach to the press box to receive team medals and plaques at the conclusion of the meet.