



Orchard Farm R-V School District

Administration Office
3489 Boschertown Rd
St. Charles, Missouri 63301
www.ofsd.k12.mo.us
Dr. Thomas E. Muzzey, Superintendent

OFHS EAGLE TRACK INVITATIONAL April 10, 2018

SCHOOLS ATTENDING:

Barat, *Brentwood*, Christian HS, *Clopton*, *Confluence Prep*, Crosspointe Christian, Duchesne, Fulton School of St. Albans, *North County Christian*, *North Tech*, Orchard Farm, St. Dominic, *Tower Grove HS*, Valley Park, Winfield, *Wright City*

GENERAL INFORMATION:

1. Times: The track meet will begin at 3:30 for field events and 4:00 for running events
2. The games committee will consist of one coach from each school
3. This is a shared expense event. An invoice will be sent within 2 weeks of the meet.
4. Buses should park in the parking lot, south of the high school.
5. We will be charging a gate fee for admittance. Adults: \$3.00 Students: \$2.00
6. We will have a concession stand. Hospitality will be provided for coaches and bus drivers and is located inside the concession stand.
7. Facilities: We have a polyurethane track, and all jumping surfaces are polyurethane. These surfaces require 1/4 inch spikes or less. The throwing surfaces are concrete and require rubber-soled shoes.
8. Scoring: We will score six places in individual events, 10-8-6-4-2-1, and six places in relays, 10-8-6-4-2-1.
9. ENTERING ATHLETES: YOU MAY ENTER TWO ATHLETES PER EVENT AND ONE RELAY TEAM. OFHS is using TRXC to enter all athletes at <http://www.trxctiming.com>. The **deadline is 2pm on 4/09/2018**
10. Awards: The **top three** in each event will receive a medal. We will give you a location for medal pick up at the coaches meeting. Meet results will be emailed. Coaches should check results and awards at that time for accuracy. There will also be a team plaque for the boys and girls champions.
11. Team camps should be set up at the south end of the track, by the concession stand or on the south side of the bleachers. Competitors should arrive dressed. Dressing facilities will not be available. **The high school building is off limits.** Restrooms are located at the west end of the concession stand.
12. Spikes are not permitted in the bleachers.

13. No athletes or spectators will be allowed on the infield. Coaches and administrators are responsible for the supervision of their students and fans.

14. Competitors must wear official school uniforms, or they will be disqualified.

15. We will provide starting blocks. Schools should bring their own batons.

16. Field Events:

- A. The starting heights for the pole vault and high jump will be decided at the coaches meeting before the meet.
- B. There will be a weigh-in station for the shot put and discus in the concession stand. Please instruct your throwers to weigh in immediately upon arrival. Implements not meeting state requirements will be kept in the concession stand until after the meet. Implements, which pass inspection, will be pooled for use by all contestants.
- C. Each competitor in the shot put, discus, javelin, long jump, and triple jump will have four trials only. The javelin, long and triple jump will be run cafeteria style.
- D. All contestants in the field events should report to the field event judge prior to the start of the competition. Contestants should also report immediately after being called for each trial and complete the trial within 1.5 minutes after reporting (exception – 2 minutes in the pole-vault). Otherwise, they will be charged with an unsuccessful attempt.

17. Profanity will result in disqualification from the meet.

18. Coaches should discuss these guidelines with your athletes.

19. All schools will help pick and time during the meet. Please have your own watch.

Any items not covered in this information packet will be handled according to the 2016-2017 MSHSAA Track and Field Manual. Please study your manual

3:30 ALL FIELD EVENTS BEGIN – 4 attempts in each event.

Boys and Girls Long Jump

Boys and Girls Triple Jump will follow Long Jump

Boys High Jump followed by Girls High Jump

Boys Pole Vault then Girls Pole Vault will follow

Girls Shot and Boys Disc

Boys and Girls Javelin (will begin upon completion of shot put and discus)

They will switch when they are ready

Order of all Final Running Events (Girls heats followed by Boys)

- We will score:

- Six places in individual events, 10-8-6-4-2-1

- Six places in relays, 10-8-6-4-2-1.

4 x 800 meter relay

100/110m HH

100m Dash

4x200m Relay

1600m Run

4x100 Relay

400m Dash

300m LH

800m Run

200m Dash

3200m Run

4x400m Relay

Work Assignments:

Please email Coach Yount at byount@ofr5.com, with your preference on work assignments. We are asking each school to work at least one event for girls AND boys. Orchard Farm will take care of Pole Vault and timing. Coach Yount will email each of you with your assignment, once he receives responses from everyone.

Long Jump (Boys and Girls)
Triple Jump (Boys and Girls)
Shot Put (Boys and Girls)
Discus (Boys and Girls)
High Jump (Boys and Girls)
Javelin (Boys and Girls)
Exchange Zones