



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

Orchard Farm Invitational Track Meet April 20, 2018

SCHOOLS ATTENDING:

Barat Academy, *Bishop DuBorg*, *Clopton*, Confluence Prep, Cuba HS, *Duchesne HS*, Fulton School, Lutheran St. Charles, *Maplewood Richmond Heights*, North County Christian, Orchard Farm, St. Charles HS, *Tower Grove*, Valley Park, *Wellsville-Middletown*, *Whitfield*, Winfield, *Wright City*

GENERAL INFORMATION:

1. Place: Orchard Farm High School Track
2. Times: Coaches meeting will be at 3:15 near the concession stand. Field events will begin at 3:30 and running events will begin at 4:00.
3. You can scratch individuals or make substitutions but the times and distances will not change. All scratches must be complete by 3:30. Scratches and Subs for field events will take place at the field event location. All heats will be run against times; there will be no pre-lims.
4. Entries: <http://www.trxctiming.com/>. Deadline is 2pm April 19. You may enter 2 running and field event athletes and 1 relay team. Scratches will be done at coaches meeting.
5. Athletes are limited to four events.
6. This will be a shared expense event. Invoices will be sent within 2 weeks after the meet.
7. We will charge a gate for admittance. Adults: \$3.00 Students: \$2.00
8. Facilities: We have a polyurethane track, and all jumping surfaces are polyurethane. These surfaces require 1/4" spikes. The throwing areas are concrete.
9. Scoring: The first 6 places in each event shall be scored 10-8-6-4-2-1. In cases of a tie, the points shall be divided, and a coin flip will determine who gets what medal.
10. Awards: The top 6 in each event will medal. The boys and girls champions will each receive a trophy. Medals will be distributed at the end of the meet to the coach.
11. Meet results will be available after the meet. Coaches please check your results for accuracy before leaving.

12. Team camps should be set up south of the track, behind the concession stand. 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.
13. No athletes or spectators will be allowed on the infield. All athletes and coaches should stay away from the finish line unless coaches are used to pick or time. Coaches and administrators are responsible for supervision of their students and fans. Spikes are not allowed on the bleachers.
14. Please help keep your area clean.
15. All competitors shall wear official school uniforms.
16. We will provide starting blocks. You can bring your own blocks if you so desire.
17. FIELD EVENTS INFORMATION:
 - A. The starting heights for pole vault will be determined by the games committee and according to entrants.
 - B. The weight-in station for the shot put and discus will be in the concession stand. Please instruct your throwers to have these implements weighed in immediately upon arrival at the meet. Implements not meeting state requirements will be kept in the concession stand until the completion of the meet. Others will be marked for use and pooled for use by all contestants.
 - C. Each competitor in the shot put, discus, javelin, triple jump and long jump events will be allowed four trials. There will be no preliminaries and finals. The javelin and triple jump will be run cafeteria style.
 - D. All contestants in the field events should report to the field 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 ½ minutes after reporting, 2 minutes for the pole vault, or be charged with an unsuccessful attempt.
18. Buses should park in the parking lot south of the high school.
19. A concession stand will be available. There will be a hospitality room for the coaches in the concession stand.
20. Coaches should please discuss these guidelines with your athletes.
21. The meet management requests that visiting coaches help with the meet. You will only be asked to help for one period of time.

ANY ITEMS NOT COVERED IN THIS INFORMATION PACKET WILL BE HANDLED IN ACCORDANCE WITH THE 2016-2017 MSHSAA TRACK MANUAL. PLEASE STUDY YOUR TRACK MANUAL.

Duane Stuermann: Athletic Director
Orchard Farm High School
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Preferred contact for questions is byount@ofr5.com

OR reply to my address dstuermann@ofr5.com

Schedule of Events & Work Assignments

Friday, April 20, 2018

All scratches or substitutions must be at the field event & any running event scratches and subs will be made in press box.

SCHEDULE OF EVENTS:

3:15 Coaches Meeting

3:30 **ALL FIELD EVENTS BEGIN**

Boys and Girls Long Jump, Triple Jump will follow

Girls High Jump followed by Boys High Jump

Boys Pole Vault then girls will follow (Opening heights discussed at coaches meeting)

Girls Shot and Boys Disc (They will switch when they are ready)

Following Disc & Shot Boys and Girls Javelin (cafeteria style)

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.

4:00 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