



Camdenton Middle School

Activities Office

88 Laker Dr.

Camdenton, Missouri 65020

Ozark
Conference

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Middle School Laker Relays

April 18, 2024 3:45pm

MS Track Coach
MS Asst. Principal

Par Pitts
Shawn Maschino

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smaschino@camdentonschools.org

Please note, this year we are using the mo.milesplit.com website to manage all entries in our meet. Entries are due no later than 9 a.m. on April 17.

Participating Schools: Camdenton, Thomas Jefferson, Osage, Lebanon, Marshfield, Lewis and Clark, Waynesville, Rolla

Starter: Berryessa

Entry Fee: 80.00 per grade (160.00 for both 7th and 8th grades). Two entries per event are allowed

Awards: Medals will be given for 1st – 3rd places in each event. Team plaques will be given for first place in each division.

Scoring: Top eight will be scored (10-8-6-5-4-3-2-1).

Coaches Meeting: Will begin at 3:30pm in the freshmen football locker room directly behind the stadium.

Spikes: Must be 1/8 or 3/16 inch pyramids (no needles).

Track and Runway marks: Please do not use tape on the track or runway surfaces.

Long and Triple Jumps: Cafeteria style with 3 jumps.

Shot and discus: Cafeteria style with 3 throws.

Hospitality Room: Will be located inside the freshmen locker room, for coaches and drivers.

Field Events
To begin at 3:45

Girls	Discus,
Girls	Pole Vault
Girls	Triple Jump
Boys	Shot,
Boys	High Jump
Boys	Long Jump

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Boys	Pole Vault
Boys	Triple Jump
Girls	Shot,
Girls	High Jump
Girls	Long Jump

**Please be sure athletes report on time and inform the judges if they will be leaving for a running event.

Please note, in the pole vault 7/8 boys will vault together if numbers permit and the same with girls.

Running Events
Start Time 4:30pm

7 th Girls	3200m Relay
8 th Girls	3200m Relay

7 th Boys	3200m Relay
8 th Boys	3200m Relay
7 th Girls	100m Hurdles
8 th Girls	100m Hurdles
7 th Boys	100m Hurdles
8 th Boys	100m Hurdles
7 th Girls	100m Dash
8 th Girls	100m Dash
7 th Boys	100m Dash
8 th Boys	100m Dash
7 th Girls	800m Relay
8 th Girls	800m Relay
7 th Boys	800m Relay
8 th Boys	800m Relay
7 th Girls	1600m Run
8 th Girls	1600m Run
7 th Boys	1600m Run
8 th Boys	1600m Run
7 th Girls	400m Relay
8 th Girls	400m Relay
7 th Boys	400m Relay
8 th Boys	400m Relay
7 th Girls	400m Dash
8 th Girls	400m Dash
7 th Boys	400m Dash
8 th Boys	400m Dash
7 th Girls	800m Run
8 th Girls	800m Run
7 th Boys	800m Run
8 th Boys	800m Run
7 th Girls	200m Dash
8 th Girls	200m Dash
7 th Boys	200m Dash
8 th Boys	200m Dash
7 th Girls	1600m Relay
8 th Girls	1600m Relay
7 th Boys	1600m Relay
8 th Boys	1600m Relay