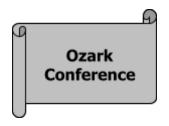


Camdenton Middle School

Activities Office 88 Laker Dr. Camdenton, Missouri 65020



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Middle School Laker Relays April 18, 2024 3:45pm

MS Track Coach MS Asst. Principal Par Pitts Shawn Maschino ppitts@camdentonschools.org 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

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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 $1^{st} - 3^{rd}$ 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

Boys Discus,
Boys Pole Vault
Boys Triple Jump

Girls Shot,

Girls High Jump
Girls Long Jump

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

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

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

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