



Cuba Middle School Invitational

Date: Monday; April 29, 2024

Site: Wildcat Field of Pride – #1 Wildcat Pride Drive on CHS campus

Time: Coaches Meeting – 2 PM – Meet in BullPen area

Field Events – 2:30 PM

Running Events – 3:30 PM

Entry Fees: \$75 per team, or \$150 per school

Send entry fees to:
Cuba High School
Attn: Taylor Dace
#1 Wildcat Pride Drive
Cuba MO 65453

You can bring your entry fee check with you on meet day if you prefer.

The following teams are expected to participate: Large Schools: St. Clair, St. James, Sullivan, and Waynesville and Union.

Small schools: Bland, Bourbon, Cuba, Licking, Newburg, St. Paul Lutheran, Steelville, Viburnum and Vienna

Entries: All entries will be submitted online by using mo.milesplit.com. **Registration is already open and the deadline will be 4/28/24 at 8:00 AM. As this is a medal meet, entries are limited to two per event and one per relay.** <https://mo.milesplit.com/meets/543228/registration>

Seeding: Heats/Flights will be seeded by times and distances entered by coaches.

Changes/Scratches: Coaches can manage entries until April 28th @ 8:00 AM. No changes or additions will be allowed after the 8:00 AM deadline. Scratches can be made at coaches meeting.

Scoring: We will be scoring 6 places (10-8-6-5-4-3-2-1). Medals will be awarded to the 1st-4th place, including relays.

Other Info: **No one is allowed on the Football Field. This includes coaches, athletes and spectators.**
Please have buses drop off/park behind track
Concession Stand and Restrooms will be available.
NO TAPE will be allowed on the runways or used on the high jump area. Chalk or other markers may be used, but no tape.
Please use 3/16" spikes or smaller.
NO SPIKES IN BLEACHERS!

Recommended Opening Heights – now measured in metric

High Jump

Girls – 1.15 m (~3'10")

Boys – 1.35 m (~4'6")

Pole Vault

Girls – 1.50 m (~5'0")

Boys – 1.80 m (~6'0")

The order of Field Events will be as follows, starting at 3:30 pm.

Girls

Pole Vault

Triple Jump

Discus

Boys

High Jump

Long Jump

Shot Put

Running Events will start at 4:30. Girls will run first, followed by boys. Standard meet format will be used.

Exchange Zones

4 X 100

1st – Bourbon

2nd – Sullivan

3rd – St. Paul

4 X 200

1st & 3rd – Steelville/Licking

2nd – St. Clair/Bland

4 x 400 & 4 x 800

Breakline – Waynesville

Exchange – St. James

1600 & 3200

Breakline – Viburnum

Jury of Appeals

Will be decided during the coaches meeting.

We will be using Big River Race Management to time and score our meet again this year.

Reminder: Registration deadline will be April 28th at 8:00 AM.

If you have any questions, feel free to contact me or Coach Kight.

Taylor Dace

Athletic Director

Office: 573-677-2525

Cell: 314-807-8668

tdace@ccr2.org

Beth Kight

CHS Head Track Coach

573-885-2534 ext. 1183

bkight@ccr2.org