



## Springfield Public Schools Athletic Department



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*Roseann Bentley Administrative Center 1610 E Sunshine St Springfield MO 65809*

### M.S. Ozark Conference Track & Field Meet Coaches Meeting Notes

<b>Meet Director:</b>	Jason Michel – Asst District AD 417-425-0181 (Cell) <a href="mailto:jcmichel@spsmail.org">jcmichel@spsmail.org</a>
<b>Meet Entries:</b>	Jeff Lindsey – Reed Middle School 417-860-8712 (Cell) <a href="mailto:jlindsey@spsmail.org">jlindsey@spsmail.org</a>
<b>Facility:</b>	Parkview High School/JFK Stadium 1333 S Grant Ave Springfield, MO 65807
<b>Times:</b>	Coaches Meeting - 9:45am hospitality room Field Events - 10:30am Running Events - 11:00am
<b>Scoring:</b>	10-8-6-5-4-3-2-1
<b>Awards:</b>	Medals for the top 3 in each division Team plaques for top 3 teams in each division
<b>Entry Limits:</b>	2 per event, 1 per relay in each division
<b>Entry Deadline:</b>	Friday, May 3 at 5:00pm. Entries will be done on MoMilesplit.com
<b>Timing and Results:</b>	Timing will be done by SPS. Results will be available live online.
<b>Spikes:</b>	3/16" spikes or smaller
<b>Locker Rooms:</b>	No locker rooms will be available.
<b>Bullpen:</b>	All running events will bullpen at the starting line of the specific event. Please make sure athletes report to the bullpen area after the 2 <sup>nd</sup> call for their event.

<b>Track Access:</b>	Please keep athletes off the FB field unless they are warming up or cooling down. They should be with their teams otherwise.																															
<b>Entry Fee</b>	Fees will be determined after the meet and cost shared between schools.																															
<b>Lunch and Power Snacks:</b>	SPS Student Nutrition Department will have lunch available for all non-SPS student-athletes for a cost of \$3.30 per person-cash only. Lunch will be served from 11:00 p.m. to 12:30 p.m. and the meal will consist of: Cheeseburger, Carrots with Ranch Dressing, Apples/Strawberry Cups, Milk/Bottled Water. SPS students will enter their student ID number and be charged for a school lunch based on their meal status (Free = Free, Reduced = \$0.40, full pay = \$3.30). Also, from 3:00 p.m. to 3:30 p.m. a Super Snack option (5 components) will be available for all students 18 and under, free of charge.																															
<b>Hospitality:</b>	Lunch, snacks and drinks will be provided for all coaches, administrators, bus drivers, and event workers.																															
<b>Games Committee and Officials:</b>	Camdenton, Bolivar, Rolla, Pershing, Jarrett, Pleasant View Officials are Jason Pyrah and Mike Reece																															
<b>Admissions:</b>	Adults \$3, students/children \$2																															
<b>Concessions:</b>	Concessions will be available																															
<b>Conference T-Shirts:</b>	A limited number of Ozark Conference MS Meet T-Shirts will be available for sale																															
<b>Trainer:</b>	Athletic Trainers will be on site provided by Mercy Sports Medicine																															
<b>Running Events Order</b>	<ul style="list-style-type: none"> <li>● 4 x 800 Meter Relay</li> <li>● 100 Meter Hurdles</li> <li>● 100 Meter Dash</li> <li>● 4 x 200 Meter Relay</li> <li>● 1600 Meter Run</li> <li>● 4 x 100 Meter Relay</li> <li>● 400 Meter Dash</li> <li>● 800 Meter Run</li> <li>● 200 Meter Dash</li> <li>● 4 x 400 Meter Relay</li> </ul> <p style="text-align: center;">*7 grade girls then 8th grade girls ** 7th grade boys then 8th grade boys</p>																															
<b>Bus Parking</b>	Buses may drop off at the main entrance to the stadium, and park on the south side of the JFK Stadium Lot																															
<b>Field Events Order</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 16.6%;">Shot Put</th> <th style="width: 16.6%;">Discus</th> <th style="width: 16.6%;">High Jump</th> <th style="width: 16.6%;">Long Jump</th> <th style="width: 16.6%;">Triple Jump</th> <th style="width: 16.6%;">Pole Vault</th> </tr> </thead> <tbody> <tr> <td>7<sup>th</sup> Girls</td> <td>7<sup>th</sup> Boys</td> <td rowspan="2">7<sup>th</sup> &amp; 8<sup>th</sup> Boys</td> <td>7<sup>th</sup> Girls</td> <td>7<sup>th</sup> Boys</td> <td rowspan="2">7<sup>th</sup> &amp; 8<sup>th</sup> Girls</td> </tr> <tr> <td>8<sup>th</sup> Girls</td> <td>8<sup>th</sup> Boys</td> <td>8<sup>th</sup> Girls</td> <td>8<sup>th</sup> Boys</td> </tr> <tr> <td>7<sup>th</sup> Boys</td> <td>7<sup>th</sup> Girls</td> <td rowspan="2">7<sup>th</sup> &amp; 8<sup>th</sup> Girls</td> <td>8<sup>th</sup> Boys</td> <td>7<sup>th</sup> Girls</td> <td rowspan="2">7<sup>th</sup> &amp; 8<sup>th</sup> Boys</td> </tr> <tr> <td>8<sup>th</sup> Boys</td> <td>8<sup>th</sup> Girls</td> <td>7<sup>th</sup> Boys</td> <td>8<sup>th</sup> Girls</td> </tr> </tbody> </table>						Shot Put	Discus	High Jump	Long Jump	Triple Jump	Pole Vault	7 <sup>th</sup> Girls	7 <sup>th</sup> Boys	7 <sup>th</sup> & 8 <sup>th</sup> Boys	7 <sup>th</sup> Girls	7 <sup>th</sup> Boys	7 <sup>th</sup> & 8 <sup>th</sup> Girls	8 <sup>th</sup> Girls	8 <sup>th</sup> Boys	8 <sup>th</sup> Girls	8 <sup>th</sup> Boys	7 <sup>th</sup> Boys	7 <sup>th</sup> Girls	7 <sup>th</sup> & 8 <sup>th</sup> Girls	8 <sup>th</sup> Boys	7 <sup>th</sup> Girls	7 <sup>th</sup> & 8 <sup>th</sup> Boys	8 <sup>th</sup> Boys	8 <sup>th</sup> Girls	7 <sup>th</sup> Boys	8 <sup>th</sup> Girls
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<b>Field Events Info</b>	<ul style="list-style-type: none"> <li>● Opening heights will most likely be higher than at a typical meet and will be determined at the coaches meeting.</li> <li>● Athletes will throw/jump with their flights.</li> <li>● We will adhere to strict checkout times and time limits. Please ask your athletes to not leave a field event until the final call for their running events. Make sure that they check out with the event judge. Athletes who check out properly will be given 15 minutes to return and check in with the event judge. If an athlete leaves an event without checking out with the event judge, the event will proceed without them. This is to allow fair and continuous competition without long delays.</li> </ul>
<b>Coaches Running Field Events</b>	<ul style="list-style-type: none"> <li>● High Jump – Hickory Hills, Carver, Waynesville</li> <li>● Long Jump – Jarrett, Pipkin, Bolivar</li> <li>● Triple Jump – Cherokee, Pershing, Rolla</li> <li>● Shot Put – Pleasant View, Westport, West Plains</li> <li>● Discus – Reed, Cherokee, Camdenton</li> <li>● Pole Vault – Danny Marshall, Richard Hackett</li> </ul>
<b>Exchange Zones Judges</b>	<ul style="list-style-type: none"> <li>● 4 x 100m zone 1 – Pershing</li> <li>● 4 x 100m zone 2 – Lebanon</li> <li>● 4 x 100m zone 3 – Carver</li> <li>● 4 x 200m zone 1 and 3 – Lebanon</li> <li>● 4 x 200m zone 2 and 4 – Track officials</li> </ul>

