

**MOBERLY SPARTAN  
TRACK AND FIELD**  
2019 NCMC Track Meet  
Friday May 3rd – 4:00 pm

**Site:** Larry K. Noel Stadium

**Entries:** Will be online at TRXC starting Monday April 22<sup>nd</sup> and will close on May 3<sup>rd</sup> 2019 @ 9 am.

**Entry Process:** All entries must be submitted through TRXC TIMING Coaches log on, create a roster, and enter each athlete into an event.

**Entry Fee:** \$50.00 each for Boys and Girls Team=\$100.00 Total per School. Make Checks Payable to: Moberly High School 1625 Gratz Brown Moberly, MO 65270 Attn: Tim Barnett

**Awards:** Medals will be awarded for the top 3 individuals and 3 relays in each event

**Track Surface:** Moberly High School has a 9 lane all-weather track

**Throwing Areas:** Shot Put and Discus rings are concrete

**Spikes:** We will allow 1/8" spikes. No Needle Spikes allowed, anything longer will result in disqualification

**Facilities:** Athletes should come dressed to compete. Dressing facilities will not be available

**Concessions:** Concessions and rest rooms are located behind the bleachers

**Parking:** Buses can park in the high school parking lots

**Meet Questions:** Tony Stoneking - [tonystoneking@moberlyspartans.org](mailto:tonystoneking@moberlyspartans.org) 660-269-2667

**Website Questions:** [denise@trxctiming.com](mailto:denise@trxctiming.com) - 314-522-6176

## 2019 NCMC Meet Time Schedule

### 3:30 Coaches Meeting

- Coaches are responsible for ensuring each athlete's spikes are within facility regulations
- No tape is allowed on the track or runway surfaces. (All checkmarks must be placed on the side of runways)

### Field Events – 4:00

**Discus:** Girls (followed by Boys, Cafeteria Style)

**Shot Put:** Boys (followed by Girls, Cafeteria Style)

**Long Jump:** Girls (followed by Boys, Cafeteria Style)

**Triple Jump:** Boys (followed by Girls, Cafeteria Style)

**High Jump:** Boys (followed by Girls)

**Pole Vault:** Girls (followed by Boys)

**Javelin:** Girls (followed by Boys) 5:15

### Running Events - 4:45 – Rolling Schedule

#### BULLPEN LOCATED AT NORTH END OF TRACK

Girls 4 x 800

Boys 4 x 800

Girls 100 meter (Low hurdles)

Boys 110 meter (High hurdles)

Girls 100 meter dash

Boys 100 meter dash

Girls 4 x 200 meter relay

Boys 4 x 200 meter relay

Girls 1600 meter run

Boys 1600 meter run

Girls 4 x 100 meter relay

Boys 4 x 100 meter relay

Girls 400 meter dash

Boys 400 meter dash

Girls 300 meter hurdles

Boys 300 meter hurdles

Girls 800 meter run

Boys 800 meter run

Girls 200 meter dash

Boys 200 meter dash

Girls 3200 meter run

Boys 3200 meter run

Girls 4 x 400 meter relay

Boys 4 x 400 meter relay

