

2019 Region 2-1A, Region 2-4A, Region 1-5A Track and Field Championships

Meet Director: JJ Downs

Site: Center Hill Track & Field Complex, Center Hill High School, Olive Branch, MS

Date & Times: Monday, April 15, 2019

10:30 p.m. Coaches Meeting

11:00 p.m. Field Events

11:20 p.m. 4 X 800 Relays & 3200 Runs (4A & 5A only run). Then (1A will run 3200m after the 200m dash).

Rolling Time Schedule

Meet Entry Process: Complete the MHSAA Team Roster Form for entire team (including all possible relay members) and fax to 662-890-3839 or e-mail to jj.downs@dcsms.org by noon Thursday, April 11, 2019.

Please bring entry fees of \$10.00 per athlete to the meet, DO NOT MAIL! Make check payable to Center Hill School!

Meet Admission: \$7.00

Meet Assistance: Each school is to provide coaches to run off a field event!!! These individuals should report to their respective assigned event area 10 minutes prior to the start of their event!!!

1A, 4A, 5A Girls Pole Vault	Center Hill
1A, 4A, 5A Boys Pole Vault	Center Hill
1A Boys Long Jump	Grenada
4A Boys Long Jump	Cold Water
5A Boys Long Jump	New Hope
1A Girls Long Jump	Lake Cormorant
4A Girls Long Jump	Ray Brooks
5A Girls Long Jump	Gentry
1A Boys Triple Jump	West Point
4A Boys Triple Jump	Shaw
5A Boys Triple Jump	Greenwood
1A Girls Triple Jump	Lewisburg
4A Girls Triple Jump	Simmons
5A Girls Triple Jump	Louisville
1A Boys High Jump	Rosa Fort
4A Boys High Jump	Coffeeville
5A Boys High Jump	Noxubee County
1A Girls High Jump	Lafayette
4A Girls High Jump	Lafayette
5A Girls High Jump	Tupelo Christian
1A Boys Shot	Olive Branch
4A Boys Shot	Olive Branch
5A Boys Shot	Olive Branch
1A Girls Shot	Saltillo
4A Girls Shot	Smithville
5A Girls Shot	Yazoo City
1A Boys Discus	Kosciusko
4A Boys Discus	Clarksdale
5A Boys Discus	Clarksdale
1A Girls Discus	Leake Central
4A Girls Discus	Okolona
5A Girls Discus	Houlka

Jury of Appeals

1. Tupelo Christian
2. Clarksdale
3. Lafayette
4. Lewisburg

For Further

Information: Contact me at 901-833-6647 or at jj.downs@dcsms.org

Center Hill High School Track and Field Complex

1. Dress Code- Coaches address what we expect here at Center Hill High School. Girls do not wear short-shorts, or any shirts that don't cover the body completely (tube-tops, spaghetti straps, rips down the side, etc) Boys do not wear do-rags on campus and they must also have their body covered. No half shirts, rips down the side etc.
2. Smoking and smokeless tobacco is prohibited around or on School Campus including the Track Complex.
3. Possession of illegal drugs, beer, and alcoholic beverages and Guns is prohibited on the School premises.
4. Foul and abusive language is unacceptable from Coaches, Student-Athletes and Fans. If I hear one of your student-athletes I will address it myself and bring your kid directly to you for you to handle it as well. This will cause your team to not be allowed back to our track and field complex.
5. Athletes/Coaches/Fans are fully responsible for personal items that are lost, stolen, or damaged at the Center Hill High School Track and Field Complex.
6. Athletes/Coaches/Fans may not display actions that the Center High School Staff deem unsportsmanlike or rude. This will cause your team to not be allowed back to our track and field complex.
7. All student-athletes should be under the supervision of the coaches in all areas of the facility at all times. No students-athletes are allowed in the Center Hill High School, Football shed or track storage container building. They are only allowed on the track, practice field area and visitor football side bathrooms.
8. Please use only the parking area immediately adjacent to the football field. You will park in the parking lanes in front of the home football field entrance and walk down the sidewalk to the entrance of the track. No parking between the track and school or behind the school in dock area.
9. I want to remind you of safety in using the shot put and especially the discus ring. To reduce the risk of serious injuries.
 1. Stay Alert for Flying Objects
 2. Stand at least 10 plus feet back from the Shot put ring and Discus cage/netting
 3. Only one person allowed in the Shot put ring or cage at a time.
 4. Do not stand in front of the Shot put ring or Discus ring/cage/netting.
 5. Do not climb on the cage/netting
10. Also, go over with your student-athletes do not stand in from the bleachers and finish line gate. We want to keep that area clear for the fans and emergency personal to get to the track quickly.

SCHEDULE OF EVENTS

11:00 p.m. FIELD EVENTS

Girls' Shot (1A, 4A, 5A to follow)
Boys' Discus (1A, 4A, 5A to follow)
Girls' Pole Vault (1A, 4A, 5A to follow)
Boys' Long Jump (1A, 4A, 5A to follow) Pit 1
Girls' Long Jump (1A, 4A, 5A to follow) Pit 2
Girls' High Jump (5A, 1A, 4A to follow) Pit 1
Boys' High Jump (5A, 1A, 4A to follow) Pit 2

12:30 p.m. Next Field Events Begin:

Boys' Shot Boys' (1A, 4A, 5A to follow)
Girls' Discus (1A, 4A, 5A to follow)
Boys Triple Jump (1A, 4A, 5A to follow) Pit 1
Girls' Triple Jump (1A, 4A, 5A to follow) Pit 2

12:20 p.m. Running Events:

Girls' 4x800 Meter Relay (1A, 4A, 5A to follow)
Boys' 4x800 Meter Relay (1A, 4A, 5A to follow)
Girls 3200 Meter Run (4A, 5A to follow only)
Boys 3200 Meter Run (4A, 5A to follow only)
Girls 100 Meter Hurdles (1A, 4A, 5A to follow)
Boys 110 Meter Hurdles (1A, 4A, 5A to follow)
Girls 100 Meter Dash (1A, 4A, 5A to follow)
Boys 100 Meter Dash (1A, 4A, 5A to follow)
Girls 4 X 200 Meter Relay (1A, 4A, 5A to follow)
Boys 4 X 200 Meter Relay (1A, 4A, 5A to follow)
Girls 1600 Meter Run (1A, 4A, 5A to follow)
Boys 1600 Meter Run (1A, 4A, 5A to follow)
Girls 4 X 100 Meter Relay (1A, 4A, 5A to follow)
Boys 4 X 100 Meter Relay (1A, 4A, 5A to follow)
Girls 400 Meter Dash (1A, 4A, 5A to follow)
Boys 400 Meter Dash (1A, 4A, 5A to follow)
Girls 300 Meter Hurdles (1A, 4A, 5A to follow)
Boys 300 Meter Hurdles (1A, 4A, 5A to follow)
Girls 800 Meter Run (1A, 4A, 5A to follow)
Boys 800 Meter Run (1A, 4A, 5A to follow)
Girls 200 Meter Dash (1A, 4A, 5A to follow)
Boys 200 Meter Dash (1A, 4A, 5A to follow)
Girls 3200 Meter Run (1A only)
Boys 3200 Meter Run (1A only)
Girls 4 X 400 Meter Relay (1A, 4A, 5A to follow)
Boys 4 X 400 Meter Relay (1A, 4A, 5A to follow)

Presentation of Trophies Directions to Center Hill High School.

The Track and field Complex is located behind the School. If you could park your bus in the parking lot beside the tennis courts and walk to the track complex in the back of school.

From Highway 72

Take the Highway 302 Exit towards Olive Branch continue until you pass the DeSoto County line. The next traffic light is at Center Hill Road take a right going north. You will go to the traffic light at DeSoto Road and take a left. DeSoto turns into Mustang drive which leads you to the 4-way stop in front of CHHS. The Gym is located at the back of the school and is accessible from the student parking lot on the west side of the building. Football teams and bands should park in the drive between the school and the football stadium. Visitor parking for football games is located on the North end of the stadium.

From Highway 78

Take the Bethel Road/Hackcross Road Exit. Go north toward Goodman Road which is the 2nd traffic light. Take a right onto Goodman Road/Highway 302. Go one block about 1/2 mile and turn left onto Polk Lane. Go 1.5 miles on Polk Lane and turn right onto Kirk Road. Follow Kirk Road for 1 mile to the 4 way stop. You will be in front of the school. The Gym is located at the back of the school and is accessible from the student parking lot on the west side of the building. Football teams and bands should park in the drive between the school and the football stadium. Visitor parking for football games is located on the North end of the stadium.

From Interstate 55

Take the Highway 302/Goodman Road Exit toward Olive Branch. Continue on Highway 302 passing Hackcross Road. Go one block about 1/2 mile and turn left on Polk Lane. Go 1.5 miles on Polk Lane and turn right onto Kirk Road. Follow Kirk Road for 1 mile to the 4 way stop. You will be in front of the school. The Gym is located at the back of the school and is accessible from the student parking lot on the west side of the building. Football teams and bands should park in the drive between the school and the football stadium. Visitor parking for football games is located on the North end of the stadium.