

Center Hill High School Track and Field Relay Carnival March 28, 2020

- Date:** Saturday March 28, 2020
- Scoring:** No scoring
- Preferred Lanes:** 5-6-4-3-7-2-1-8
- Awards:** None
- Entries:** Will be done through <http://ms.milesplit.com/>
Each school may enter THREE (3) contestants in individual events & one team in each relay.
- Entry Deadline:** Midnight, Wednesday March 25, 2020
- Password for meet:** Email for password only allowing 8 teams
- Entry Fee:** Entry fee will \$100.00 per Team. If you have a Boys & Girls team it will be \$200 dollars make checks payable to:
Center Hill High School Track & Field.
13250 Kirk Road;
Olive Branch, Ms 38654
Main Office: 662-890-2490
- Time Schedule:** Saturday March 28, 2020 Coaches meeting @ 9:30 a.m. and Meet starts @ 10:00 a.m.
We will use a *Rolling Time Schedule*. All running events are finals.
- Packet Pick-up:** Will be @ table marked Packet Pick-up. Pick-up packets once you arrive at the track.
- Meet Contact:** Coach JJ Downs @ 901-833-6647
Office: 662-890-8745
Email: jj.downs@dcsms.org
Fax: 662-890-3839
- Jumps & Throws:** There will do 4 Throws and 4 Jumps.
- Warm-ups:** Track & Field Complex will be closed for warm-ups. The practice football fields will be open for warm-ups. No throwing implements on the Warm-up field!! You will be given time to warm-up for throwing events at the site of the throwing event.
- Meet Etiquette** Center Hill High School reserves the right to dismiss any athlete, parent, club, team organization or school from the competition for disciplinary reasons and or not following meet protocol.
- Extra Note:** This is a fundraiser for the Center Hill High School Track & Field Team.
Thank you for your support.
- Admission:** Admission fee will be \$5.00 at the gate.

Center Hill High School Track and Field

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1. No throwing implements anywhere but at event site.
2. All Athletes report to clerk upon hearing 1st call.
3. There will be no warm-ups on the track; all warm-ups should be conducted on the practice football field located behind the stands.
4. Only coaches and meet personal/volunteers will be allowed on the infield, no athletes unless they are in field events.
5. No Athletes are allowed in Center Hill High School. All athletes must remain in designated track meet area with the fence.
6. Concession & Restrooms are located at the entrance to the football field.
7. Team parking will be located in the parking lots between the tennis courts and football stadium.. The road between the track and school will be closed. No parking on the side of the road you must park in a big parking lot in front of the football stadium.
8. We will run a Rolling Time Schedule, listen for 1st, 2nd and 3rd calls.
9. If you have any problems at the meet please come and see Coach JJ Downs. Do not take matters into your own hands. We will do our best to put on the best meet possible. But we will have to depend on volunteers to help and sometimes problems occur. Thank you for your support.
10. Progression of heights: (As athlete clears the height)
Boys:
High Jump: 5-0, 5-2, 5-4, 5-6, 5-8, 5-10, 6-0, 6-2, 6-4
Pole Vault: 8-0, 8-6, 9-0, 9-6, 10-0, 10-6,

Girls:
High Jump: 4-0, 4-4, 4-6, 4-8, 4-10, 5-0, 5-2, 5-4, 5-6
Pole Vault: 6-0, 6-6, 7-0, 7-6, 8-0, 8-6, 9-0, 9-6, 10-0

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March 28, 2020 Time Schedule:

9:30 A.M.	Head Coaches' Meeting on the infield
10:00 A.M.	Girls Discus, Boys Discus immediately following Boys Shot Put, Girls Shot Put immediately following Girls Pole Vault, Boys Pole Vault immediately following Pit 1-Girls High Jump and Pit 2- Boys High Jump
11:30 A.M.	Pit 1 Boys Long Jump, Boys Triple Jump immediately following Pit 2 Girls Long Jump, Girls Triple Jump immediately following

Start Time for these events will be @ 10:15 a.m.

Girls	4x1600m Relay
Boys	4x1600m Relay
Girls	[100H] (33 inches)
Boys	[110H] (39 inches)
Girls	4x800m Relay
Boys	4x800m Relay
Girls	SSMR [Super Sprint Medley Relay] Order of runners (100m, 100m, 200m, 400m)
Boys	SSMR [Super Sprint Medley Relay] Order of runners (100m, 100m, 200m, 400m)
Girls	DMR [Distance Medley Relay] Order of runners (1200m, 400m, 800m, 1600m)
Boys	DMR [Distance Medley Relay] Order of runners (1200m, 400m, 800m, 1600m)
Girls	Shuttle Hurdle Relay (each runner runs over 100H) Only three teams run at a time
Boys	Shuttle Hurdle Relay (each runner runs over 110H) Only three teams run at a time
Girls	Swedish Medley Relay (100m, 200m, 300m, 400m)
Boys	Swedish Medley Relay (100m, 200m, 300m, 400m)

2:00 p.m. Running Events (Rolling Time Schedule):

Girls	100m
Boys	100m
Girls	4x200m Relay
Boys	4x200m Relay
Girls	1600m
Boys	1600m
Girls	4x100m Relay
Boys	4x100m Relay
Girls	400m
Boys	400m
Girls	SMR [Sprint Medley Relay] Order of runners (400m, 200m, 200m, 800m)
Boys	SMR [Sprint Medley Relay] Order of runners (400m, 200m, 200m, 800m)
Girls	[300H] (30 inches)
Boys	[300H] (36 inches)
Girls	800m
Boys	800m
Girls	4x300m Relay
Boys	4x300m Relay
Girls	200m
Boys	200m
Girls	3200m
Boys	3200m
Girls	4x400m Relay
Boys	4x400m Relay

Mustangs Track and Field Concession Stand Prices

Food:

Nachos	\$3.00
Nachos With Chili	\$3.50
Nachos With BBQ	\$5.00

Hamburger	\$3.00
Cheese Burger	\$3.50

Juicy Beef Hot Dogs	\$2.00
Chili Juicy Beef Hot Dogs	\$3.00

Smoked Sausage	\$3.00
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Circle B (Hot Links) Smoked Sausage	\$3.00
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Grilled Thick Bologna	\$3.00
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Pickles	\$1.00
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Bag of Chips	\$1.00
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Drinks:

PowerAde	\$2.00
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Soft Drinks	\$1.00
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Bottle Water	\$1.00
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Candy:

(Candy Bars, Skittles etc)	\$1.00
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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 where 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.

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.