

**HOMESCHOOL NATIONAL  
TRACK AND FIELD  
CHAMPIONSHIPS**

**SOUTHWEST BAPTIST UNIVERSITY  
Bolivar, MO**

**May 7<sup>th</sup>-9<sup>th</sup> 2024**

sponsored by

**NCHC Nationals**

and

**Lamar Sports Network**

## Welcome to 22nd National Homeschool Track and Field Championships

I would like to take this opportunity to invite you to attend the 2024 Homeschool National Track and Field Championships being held Tuesday, Wednesday and Thursday, May 7<sup>th</sup>-9<sup>th</sup> starting at 9 am. This will be the 22<sup>nd</sup> running of the National Homeschool Track and Field Championships. Meets for all 6 age divisions (8U,10U,12U, 14U, 16U and 18U) will run simultaneously. All participants must be homeschooled at least 50% of their classes OR be invited as a school. Teams and individuals planning to attend and compete must register at [Lamarsportsnetwork.com](http://Lamarsportsnetwork.com).

We look forward to seeing all of you there!

God Bless

Larry Johnson

National Meet Director

### Eligibility and Registration Information-

- This is an invitational meet open to Homeschoolers, CO-OP and small Christian schools
- All participants must be homeschooled at least 50% of their classes OR be invited as a school.
- Athlete registration must be completed on the [Lamarsportsnetwork.com](http://Lamarsportsnetwork.com) website
- Team registration must be completed at [Lamarsportsnetwork.com](http://Lamarsportsnetwork.com)
- Athletes competing unattached(as individuals) should register on both the team registration form and on the athlete registration form at [Lamarsportsnetwork.com](http://Lamarsportsnetwork.com)
- Each athlete is allowed to compete in a maximum of 4 events. The Pentathlon/Triathlon can be added as another event and is not counted as one of the total.
- Age group determination is age as of August 1, 2023
- Team entry is open now and closes April 26, 2024
- All entries due May 1, 2024
- Athletes may compete up a division. They may also run relays in one division and still compete in other events in their correct division
- Athletes may not compete in the same event in two different age categories
- All information about the meet will be posted on the [lamarsportsnetwork.com](http://lamarsportsnetwork.com) website

### Fee Information-

- \$25 for each individual runner OR for team fee of \$125 per gender and age group (5 or more athletes)
- Triathlon Fee- \$20
- Pentathlon Fee- \$25

## **Event Site Information-**

- Meet is being run on AT Southwest Baptist University, Bolivar MO
- This meet is run by volunteers. If you have expertise that you would like to lend to the event, please check with the lead officials on the Track.
- All parents not helping are asked to stay on the outside of the fences.
- All athletes not competing are asked to stay on the outside of the fences or in the stands
- Event times are a general estimate. Please be patient as we run this event.
- 1/4" spikes are the max allowed (1/8" recommended).
- Bathrooms are on site of the track. There are no dressing facilities available.
- Concession stand will be on site with hot dogs, hamburgers, chips, fresh fruit, candy, and drinks

## **Event Contact – Larry Johnson**

- Email: [lamarsportsnetwork@gmail.com](mailto:lamarsportsnetwork@gmail.com)
- Phone: 816-914-6025

## **Awards and Scoring-**

- Scoring will be 10-8-6-5-4-3-2-1 for each event. Points doubled for relays
- Medals to be awarded for first 3 places in each event.
- 1<sup>st</sup> place to be awarded for each team in each division
- Each team will only score 4 athletes per event (teams may enter as many athletes as desired)
- Only one scoring relay per team per division (B teams can win medals/ribbons)
- Golden Foot award to top point winner in 18-U Boys and Girls

## Event Breakdowns

	Event Breakdown											
	Boys						Girls					
Run/Dash	18-U	16-U	14-U	12-U	10-U	8-U	18-U	16-U	14-U	12-U	10-U	8-U
50	no	no	no	no	no	yes	no	no	no	no	no	yes
100	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
200	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
400	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
800	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
1600	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
2400	x	x	yes	yes	yes	x	x	x	yes	yes	yes	x
3200	yes	yes	x	x	x	x	yes	yes	x	x	x	x
Hurdles	18-U	16-U	14-U	12-U	10-U	8-U	18-U	16-U	14-U	12-U	10-U	8-U
80 Hurdles	x	x	x	30"	30"	x	x	x	x	30"	30"	x
100 Hurdles	x	x	33"	x	x	x	33"	33"	30"	x	x	x
110 Hurdles	39"	39"	x	x	x	x	x	x	x	x	x	x
300 Hurdles	36"	36"	33"	x	x	x	30"	30"	30"	x	x	x
Relays	18-U	16-U	14-U	12-U	10-U	8-U	18-U	16-U	14-U	12-U	10-U	8-U
4x100 Relay	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
4x200 Relay	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
4x400 Relay	yes	yes	yes	yes	yes	x	yes	yes	yes	yes	yes	x
4x800 Relay	yes	yes	yes	yes	x	x	yes	yes	yes	yes	x	x
Field Events	18-U	16-U	14-U	12-U	10-U	8-U	18-U	16-U	14-U	12-U	10-U	8-U
High Jump	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Long Jump	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Triple Jump	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Discus	1.6K	1.6K	1.0K	1.0K	1.0K	1.0K	1.0K	1.0K	1.0K	1.0K	1.0K	1.0K
Shot Put	12lb	12lb	4.0K	4.0K	6lb	6lb	4.0K	4.0K	6lb	6lb	6lb	6lb
Javelin	800 gram	800 gram	600 gram	x	x	x	600 gram	600 gram	600 gram	x	x	x
Pole Vault	yes	yes	yes	x	x	x	yes	yes	yes	x	x	x
Steeple Chase	18-U	16-U	14-U	12-U	10-U	8-U	18-U	16-U	14-U	12-U	10-U	8-U
Steeple Chase -2000	yes-3ft	yes-3ft	yes-3ft	no	no	no	no	no	no	no	no	no
Steeple Chase -1500	no	no	no	no	no	no	yes-2'6"	yes-2'6"	yes-2'6"	no	no	no

Pentathlon and Triathlon Events			
<b>Boys</b>	<b>Pentathlon</b>	18-U/16-U	110H, HJ, LJ, SP, 1500
		14-U	100H, HJ, LJ, SP 800
	<b>Triathlon</b>	12-U	LJ, SP, 400
		10-U/8-U	LJ, SP, 200
<b>Girls</b>	<b>Pentathlon</b>	18-U/16-U	100H, HJ, LJ, SP, 800
		14-U	100H, HJ, LJ, SP, 400
	<b>Triathlon</b>	12-U	LJ, SP, 200
		10-U/8-U	LJ, SP, 200

80 meter hurdle spacing	
Start to first hurdle	13 Meters
8 Hurdles spacing between	7.5 Meters
Last hurdle to finish	14.5 Meters