

NKMSAA

Northern Kentucky Middle School Athletic Association

3rd Annual NKMSAA Invitational Track Meet

(Only NKMSAA members schools are permitted to participate)

Date: Monday, May 15th, 2023 (rain make-up date is Wednesday, May 17th)

Time: 4:30 P.M. (Coaches meeting at 4:15 at the finish line)

Cost: Free entry to all NKMSAA Member Schools.

Register: <https://ky.milesplit.com/> **Password:** NKMSAA2023

[REGISTRATION LINK](#)

Gate: \$4.00 for adults, \$2.00 for students.

Location: Holmes High School, 2500 Madison Ave. Covington, KY 41014

Entries: Only enter two (2) athletes per event and one (1) relay team. 1 boys team and 1 girls team per school. No B teams. Please submit entries through <https://ky.milesplit.com/>.

Entry Deadline: Friday May 12th, 2023

Scoring: 10-8-6-4-2-1

Awards: There will be a team trophy given to the 1st and 2nd place teams. Individual medals will be given to 1st through 3rd place in each event.

Running Events: Regular order of events. All heats are final. The 3200m run will not be contested.

Field Events: All field events will be finals with 3 attempts. All rounds following round #1 will be on a rolling schedule. Triple jump and pole vault will not be contested.

<u>Round 1-4:30</u>	<u>Round 2</u>
Boys Long Jump	Girls Long Jump
Boys Shot Put	Girls Shot Put
Girls High Jump	Boys High Jump
Girls Discus	Boys Discus

Questions: Please contact Jon Hopkins - Jonathan.hopkins@covington.kyschools.us