

KIRKSVILLE MIDDLE SCHOOL RELAYS

Wednesday, May 1, 2019



Schedule of Events

1:30 - Coaches Meeting in the Press Box

2:00 – Field Events

Shot Put – Girls followed by boys

Discus – Boys followed by girls

Long Jump – Girls followed by boys

Triple Jump – Boys followed by girls

Pole Vault – Girls followed by boys

High Jump – Boys Followed by girls

3:00 – Running Events – All Finals

4 x 800 Relay G/B (May run together)

100m Hurdles – G/B

100m Dash – G/B

4x200 Relay – G/B

1600m Run – G/B

Throwers 4x100 Relay (Coed)

4x100 Relay – G/B

400m Dash – G/B

800m Run – G/B

200m Dash – G/B

4x400m Relay –G/B

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Entries will be submitted online to **www.trxctiming.com**. Due on **Tuesday, April 30 at 5:00pm**.

Coaches can manage their entries online until **Wednesday, May 1, at 9:00am**.

ENTRY FEE: is \$100.00

The **Coaches Meeting** will be held at **1:30 pm** in the press box. **SCRATCHES ONLY/ No additional entries at the coaches meeting.**

Two individual entries and one relay team per school.

All events will be finals. Four Throws/Jumps

Shot Put and Discus will be pooled. Starting blocks will be provided.

Scoring will be 10-8-6-5-4-3-2-1. **Medals** to top three places

The throwing areas are concrete. All other surfaces are polyurethane. Maximum spike length is 3/16 pyramid. **NO TAPE ON THE TRACK OR RUNWAYS.**

Only athletes in school uniform, coaches and workers will be allowed in the track area.

Warm ups should be done in lane 4-8 on the backside of the track.

Tents may be placed on the south and west side of the track.

Please keep athletes away from the finish line area.

Drop off athletes at the stadium, then buses will park at the maintenance shed lot or the HS lot. Please DO NOT have your buses park at Spainhower Stadium as they end up blocking the flow of traffic.