

Macon Middle School Relays

April 17, Coaches Meeting 3:30 pm

Track Facility opens at 3:00 pm

Information Sheet

1. Please enter all athletes at Athletic.net, **deadline is 11:59 pm on April 16 .**
2. Meet will be scored 10-8-6-4-2-1 in all events.
3. Entries are limited to two per event, one relay. Four events per athlete, one must be a field event.
4. We have an all weather, six lane track. 3/16" spikes or smaller will be allowed on track and runways. Spikes will be checked. Longer spikes will result in disqualification for the individual and/or relay team.
5. Throwing surfaces are concrete.
6. Concession stand will be provided.
7. Locker rooms will not be available.
8. Medals will be awarded for first 3 places in all events. Plaques will be awarded for the top team in each division. \$125 entry fee per school, please bring entry with you to the meet.
9. Awards will be available upon completion of meet.
10. Final results will be emailed the next morning and uploaded to athletic.net.
11. Please keep all athletes off football field and out of the school buildings.
12. The bull pen will be located at the West end of the track.
13. All races will be ran as finals, no preliminaries.
14. Girls Pole Vault will begin at 6'0", Boys pole vault will begin at 6'0".
15. Girls High Jump will begin at 4'2", boys high jump will begin at 4'8".
16. Long Jump and Triple Jump will be ran cafeteria style and have a 45 minute time limit. Each athlete will receive four attempts. These events will be ran as finals.
17. Shot Put and Discus will be ran in flights and implements will be pooled and athletes given the choice of which to throw.
18. Water fall starts will be used for the 800 and 1600.
19. Athletes need to stay in the bleachers when not competing.
20. Coaches and athletes will not be permitted at the finish line.
21. Athletes should listen carefully to the PA. We will not wait for athletes who are not at their event on time.
22. Please contact Karl Burgason for boys questions Kburgason@macon.k12.mo.us or 660-385-2158 ext. 4402 or Amber Duncan for girls questions aduncan@macon.k12.mo.us or 660-385-5748 ext. 3201

Appeals Committee: Curtis Harland, Mike Barner, Karl Burgason, Amber Duncan and Zack Grassley

MS Relays Order of Events

Coaches Meeting 3:30pm High School Gym

<u>Order of Events (5:00)</u>	<u>Field Events (4:00)</u>
G - 100 m Hurdles B – 100 m Hurdles G/B – 100 m Dash G/B – 4x200 m Relay G/B – 1600 m Run G/B – 4x100 m Relay G/B – 400 m Dash G/B – 800 m Run G/B – 200 m Dash G/B – 4x400 m Relay	Shot put – Girls followed by boys Discus – Boys followed by girls Long Jump – Boys followed by girls Triple Jump – Girls followed by boys High Jump – Boys followed by girls Pole Vault – Girls followed by boys <i>all of the above ran cafeteria style</i>

Relay Judges (Flags will be at the finish line)

Brookfield/South Shelby and Marceline/Schuyler Co. Relay Judges for 4x2, #2 runner green to green, #4 runner gold to gold

4X100 (all exchanges are gold to gold)

Holy Rosary/Monroe City First Exchange, Hannibal/Cairo Second Exchange, and Brookfield/Marceline Third Exchange