



Troy South Athletic Department

Chris Chaney – 2018-2019 Interim AD
Ashley Higgins – 2019-2020 AD/6th Grade AP

2019 TROY SOUTH MIDDLE SCHOOL RELAYS

May 4th, 2019

Coaches meeting 8:30 am (in front of the press box)

Field Events 9:00 am

Running Events 9:15 am

Site:	Troy Buchanan High School
Teams:	Black Hawk, Hannibal, Troy Middle, Troy South, Wentzville Frontier, Wentzville Middle, Wentzville South, and Wright City Middle
Entry Fees:	Participating Schools will share costs Middle School Girls and Boys
Entry Limit:	Three (3) athletes per event from each school with one (1) relay team.
Entry Deadline:	Coaches must submit their entries through www.athletic.net by Wednesday May 1st . If you have any questions, please contact Kyle Ward at Big River Race Management kylew@brrm.com .
Scratches/Changes:	Coaches may edit their entries online until Thursday, May 2nd at 9:00
Rules:	We will follow the MSHSAA and NFS rules.
Division:	There is only one grade division (7 th /8 th graders are grouped together)
Starting Heights:	Starting heights: Pole Vault is TBD. The high jump will begin at 4'6" for boys and 3'8" for girls.
Field Events:	Long Jump and Triple Jumps – 4 jumps – Cafeteria Style 1 hour. All Shots and Discus will be pooled. Each Judge will check the shots and discus. Shot Put and Discus – 4 throws.
Medals:	Medals: Top 3 places – Trophies – Top 2 placing teams.



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Order of Events

Coaches Meeting at 8:30 in front of press box

Field Events Start at 9:00 am

Girls High Jump (Boys will follow)

Boys Pole Vault (Girls will follow)

Girls Triple Jump (Boys will follow) Cafeteria Style – 1 Hour, 4 jumps

Boys Long Jump (Girls will follow) Cafeteria Style – 1 Hour, 4 jumps

Girls Discus (Boys will follow) 4 Throws No Finals

Boys Shot Put (Girls will follow) 4 Throw No Finals

Running Events Start at 9:15 am

Boys 4 X 800 M Relay

Girls 4 X 800 M Relay

Girls 100 M Hurdles

Boys 100 M Hurdles

Girls 100 M Dash

Boys 100 M Dash

Girls 4 X 200 Relay

Boys 4 X 200 Relay

Girls 1600 M Run

Boys 1600 M Run

Girls 4 X 100 M Relay

Boys 4 X 100 M Relay

Girls 400 M Dash

Boys 400 M Dash

Girls 800 M Run

Boys 800 M Run

Girls 200 M Dash

Boys 200 M Dash

Girls 4 X 400 M Relay

Boys 4 X 400 M Relay



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Additional Information

Teams are responsible for their valuables. No dressing facilities will be available. Restrooms are located in the fieldhouse at the east end of the track. 1 1/4" spikes or less are allowed on the track and runway surfaces. Stay off the football field. Coaches, please help us enforce this. Buses will need to drop off at our AG building on the east side of our high school. Buses can then park in the lower parking lot.

Work Assignments

Meet Director – Jeff Boyd

Bullpen: Kelsey Lacy – Troy South

Head Field Judge: Coach Windler – Troy South

Break Judge: Jeff Boyd – Troy South

Medals: Julie Boyd and Sarah Howell

Administrator: Ashley Higgins (765) 491 – 9962

Trainer: TBA

Starter: Frank Gentile (636) 698 – 8817

(1) Boys Long Jump: Black Hawk

(2) Girls Long Jump: Wright City

(1) Girls Triple Jump: Troy Middle

(2) Boys Triple Jump: Troy Middle

(1) Girls High Jump: Hannibal

(2) Boys High Jump: Wentzville South

(1) Boys Pole Vault: Wentzville Middle

(2) Girls Pole Vault: Wentzville Middle

(1) Boys Shot Put: Troy South

(2) Girls Shot Put: Troy South

(1) Girls Discus: Wright City

(2) Boys Discus: Wentzville Frontier

There will be 2 or 3 high school athletes assigned to the field events to help you with your event.



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4 X 1 Relay Exchange Zone Judges

- 1st: Black Hawk
- 2nd: Wentzville South
- 3rd: Coach Sims – Troy South

4 X 2 Relay Exchange Zone Judges

- 1st/3rd: Wright City
- 2nd : Wentzville Frontier

GAMES COMMITTEE

- 1. Jeff Body – Troy South
- 2. Black Hawk
- 3. Hannibal

