

KIRKSVILLE MS TRI Friday,

March 22, 2024



Head Coach Brian Mayer

Schedule of Events

3:30 - Coaches Meeting in the Press Box

4:00 – 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

5:00 – Running Events – All Finals

4 x 800 Relay G/B

100m Hurdles – G/B

100m Dash – G/B

4x200 Relay – G/B

1600m Run – G/B

4x100 Relay – G/B

400m Dash – G/B

800m Run – G/B

200m Dash – G/B

4x400m Relay –G/B

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ENTRY FEE: NONE

Entries will be submitted online through [MileSplit](#). Deadline for entries is **9:00 am Thursday, March 21**. [TRXC Timing](#) will provide Fully Automatic Timing.

Coaches may enter UNLIMITED athletes in individual running events, 4 athletes per Field Event, and 1 relay team per event. Events are NOT separated by grade, everyone competes together. High Jump and Pole vault starting heights will be determined at the coach's meeting.

The long jump and triple jump will be run cafeteria style with a 90 minute cut time limit. Participants will have 4 jumps that can be taken at any time during the 90 minutes hours. After the 90 minute time limit is up, no additional jumps will be given. Encourage your athletes to be at field events when not running.

Scoring will be 5 -3 -2 -1 for individuals and 5 -3 for relays

The **Coaches Meeting** will be held at **3:30 pm** in the press box.
SCRATCHES ONLY/No additional entries at the coaches meeting.

All events will be finals. Four Throws/Jumps

[Click Here](#) to see heat and flight sheets

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

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.