

Mexico MS Relays

April 26th, 2023

Time: Coach Meeting 3:15 (Field House under Bleachers) Field Events 3:30 Running Events 4:15

Entries: This year, entries should be submitted online at: MOMILE web site all Entries must be submitted by 9:00 am Wednesday April 26th [Online Entries](#)

Please be very accurate on your entry times, as they will be used to determine heat positions. Those athletes entered with no time will be seeded accordingly.

Entry Limit: Two per Individual & One Relay

Entry Fee: The entry fee is \$200.00 . (Example: Boys \$100.00/ Girls \$100.00; Total entry fee 200.00.)
Make checks payable to: Mexico Public Schools.

Entry Questions: Rich Schilling, TRXC Timing rich@trxctiming.com 314-522-6176

Performance List: [Performance List](#)

Heat/Flight Sheets: [Heat/Flight Sheets](#)

Time: 3:15 Coaches Meeting 3:30 Field Events 4:15 Running Events

On the day of the meet, scratches should be made at the scratch table in the locker room below the bleachers when you arrive. Coaches will be allowed to make your own scratches, but no substitutions or additions.

Order of Events:

3:15 Coaches Meeting below bleachers in Fieldhouse (exchange zones assigned)

Scratches will take place at coaches meeting no substitutions or additions.

3:30 All Field Events Begin (1hr. 30min. time limit, Four Jumps/Throws)

Discus (Girls/Boys) Finals 4 Throws (Weigh In Implements @ Site)

Shot Put (Boys/Girls) Finals 4 Throw (Weigh in Implements @ Site)

Long Jump (Boys/Girls) Finals 4 Jumps (Cafeteria Style)

Triple Jump (Girls/Boys) Finals 4 Jumps (Cafeteria Style)

High Jump (Girls/Boys) Starting Height will be determined at coaches meeting

Pole Vault (Boys/Girls) Starting Height will be determined at coaches meeting.

4:15 Running Events (Rolling Schedule)

Girls/Boys 4 x 800 Meter Relay

Girls/Boys 100 Meter Hurdles

Girls/Boys 100 Meter Dash

Girls/Boys 4 x 200 Meter Relay

Girls/Boys 1600 Meter Run

Girls/Boys 4 x 100 Meter Relay

Girls/Boys 400 Meter

Girls/Boys 800 Meter Run

Girl/Boys 200 Meter Dash

Girls/Boys 4 x 400 Meter Relay

- Dressing Area:** All athletes should come prepared to run as there are no dressing rooms; we are not responsible for lost articles.
- High Jump & Pole vault** Starting heights will be determined at the coach's meeting.
The bar will be successively elevated 5cm at a time for high jump 15cm for pole vault.
(All warm-ups need to be taken prior to start of event.)
- Shot, discus, LJ and TJ:** Will have 4 trials and no finals; time limit of an hour and 15 minutes in the long and triple jump We will make every attempt to allow only active participants into the track area.
Please help us to police the meet, especially in the high jump/pole vault area and the walkway by the long and triple jump pits as these tend to get crowded with people.
- Track Surface:** The facility is an 8-lane, all-weather track. Spikes up to 3/16" will be allowed.
- Medals:** We will medal 1st-5th in each event, with 6-8th place receiving points only. The meet will consist of one division for both boys and girls. (No Grade Level Divisions)
There will be team scoring and a plaque will be awarded the top two team places in both the boys and girls divisions.
- Teams:** Hannibal, Jefferson Middle, William Matthew Middle, Lange, Moberly MS, Troy South, Oakland Middle, Hallsville, St. Pius, Mexico
- Scoring** 10-8-6-5-4-3-2-1
- Parking:** Buses may let athletes off at either the entrance by the football field or the entrance by the high school; however buses should park in the sports complex parking lot.
- Admission:** \$4 for adults; \$2 for students

If you have questions, feel free to contact Jake Vitale, Jeff Anderson or Head Track Coach Sarah Gleeson at Mexico Middle School.

The address and phone are listed below.

Mexico Middle School

Fax# 573-581-8440

Phone# 573-581-4664

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