

2024 MONROE CITY OPEN #1 MEET INFORMATION SHEET

DATES: **March 21, 2024**

SCHEDULE:

Scratch Meeting 3:15

Javelin 3:30

Field events 4:00

Running Events: 4:30

1. Coaches need to submit their entries on [MoMileSplit](#). If you have any entry questions, contact Coach Williams at knwilliams@monroe.k12.mo.us. Entries are to be completed by no later than **9:00 AM, March 21, 2024**.
2. **Entries are limited to 5 participants and 2 relays.** Athletes are limited to 4 events per MSHSAA standards.
3. The meet will not be scored
4. Field events report to the event site when called, all runners will report to the bullpen area located in the middle of the football field. Only those athletes participating in the called event should be on the football field.
5. Shot put and discus will be pooled at the sight
6. Contestants in the shot put, discus, long jump and triple jump will be given **3 trials**. Long and Triple jump will be run cafeteria style. **Do not tape the track or the resillite part of the runways. Only approved markers will be allowed.**
7. The high jump and pole vault starting heights will be determined by entries. Athletes will receive 3 attempts.
8. All jumping and running surfaces are resillite. Spikes must be 3/16" pyramid only. **NO NEEDLE SPIKES** allowed. Spikes will be checked at the bull pen and starting line. Longer spikes will result in disqualification for the athlete or relay team.
9. All contestants must be in proper uniform, according to MSHSAA standards.
10. We will provide starting blocks.
11. [Click Here](#) to see heat and flight sheets
12. Coaches, managers, and spectators are asked to remain in the unrestricted areas only. Please stay out of the finish line area. No spikes in the bleachers.
13. Team camps are to be outside the fence surrounding the track.
14. We will be using [TRXC Timing](#) for live results and timing.
15. There will be a concession stand provided.
16. Admission will be \$4.00 for adults and \$2.00 for students.
17. No locker rooms will be available.
18. If you have any questions, please call Cody Leonard or Machel Pfanter at (573) 735-4626 ext 1113.
19. For registration questions email [Paul Golian](#) at TRXC Timing
20. Entry fee is \$100 per school due on or before March 21, 2024.

Teams Participating:

Canton, Centralia, Highland, Knox County, Marion County, Monroe City, North Shelby, Scotland County

**2024 MONROE CITY OPEN#1 MEET
MONROE CITY HIGH SCHOOL**

March 21, 2024

ORDER OF EVENTS

JAVELIN: BEGIN AT 3:30 PM AT THE LION'S CLUB FIELD EAST OF THE TRACK

SCRATCH MEETING: BEGIN AT 3:15 PM IN HIGH SCHOOL GYM

FIELD EVENTS: BEGIN AT 4:00 PM

GIRLS SHOT PUT	BOYS TO FOLLOW
BOYS DISCUS	GIRLS TO FOLLOW
GIRLS LONG JUMP	BOYS TO FOLLOW
BOYS TRIPLE JUMP	GIRLS TO FOLLOW
GIRLS POLE VAULT	BOYS TO FOLLOW
BOYS HIGH JUMP	GIRLS TO FOLLOW

RUNNING EVENTS: BEGIN AT 4:30 PM

*** Girls will be first followed by boys**

4 x 800

100/110 M HIGH HURDLES

100 M DASH

4 x 200 M RELAY

1600 M RUN

4 x 100 M RELAY

400 M DASH

300 M INTERMEDIATE HURDLES

800 M RUN

200 M DASH

3200 M RUN

4 x 400 M RELAY

***Depending on time and # of entries girls and boys 4 x 800 and 3200 could be combined**

Please note the restricted areas. These include the football field and those areas marked around the field events. As a reminder, only those athletes participating in the event and meet officials are allowed in the restricted areas. Coaches, please note the designated coaches boxes. No parents, spectators, non-participants, or coaches will be permitted in these areas.