



Ozark Conference Meet

May 4th, 2022

Location: Jacket Stadium, 777 Brice Street, Lebanon, MO

Admission: \$2 for all admissions

Time Schedule: Field Events – 11:00

Varsity Field Events – 3 Jumps/Throws in Prelims – Top 9 Advance to finals, 3 additional jumps/throws

JV Field Events – 4 Jumps/Throws – No Finals

Running Events – 11:00

Standard running event order. Girl's events will be run before boy's events. JV events will be contested before Varsity events. JV division of the 3200m will be run at 11:00. JV and V 3200m Relay will begin at 12:00

Running Event Finals		
Time	Division	Event
11:00:00 AM	JVG	3200 m Run
	JVB	3200 m Run

Standard Running Event Order. Divisions run in this order (JVG, VG, JVB, VB)		
Time	Division	Event
12:00:00 PM		4x800 Relay
		100 m Hurdle
		110 m Hurdle
		100 m Dash
		4x200 m Relay
		1600 m Run
		4x100m Relay
		400 m Dash
		300 m Hurdles
		800 m Run
		200 m Dash
	VG/VB	3200 m Run
		4 x 400 m Relay

Coach's Meeting: 10:15 at the timing tent on the infield.

Entries: Entries must be submitted by **9:00 am on Wednesday, May 4th, 2022** via Mo.Milesplit.com.

Entry Limit: Varsity: 2 athletes and 1 relay team per event.

JV: 3 athletes and 1 relay team per event.

Any athlete competing in an individual Varsity event is ineligible from participating in any JV event. An athlete competing in only relays at the Varsity level is allowed to compete in JV individual events.

Changes/Scratches: Coaches can make scratches only at the Coach's Meeting.

Entry Fee: No Entry Fee

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

Meet Administration:

Field Events:

Lebanon High School/Middle School coaches and volunteers will be providing field event judges for each field event. Schools attending the meet will not need to provide field event judges this year. However, we do ask that each school encourage all coaches to assist in moving/setting hurdles.

Exchange Zone Judges:

Exchange Zone Flags will be picked up and returned to the timing tent.

4x200 Relay

1st/3rd – Parkview/Rolla

4x100 Relay

1st – Camdenton/Central

2nd – West Plains/Waynesville

3rd – Hillcrest/Glendale

Hospitality Room: There will be a hospitality room provided in the blockhouse located behind the pressbox.

Tents: Tents will be located on the west side of the track near the 200m Start line.

Locker Rooms: Locker Rooms are not available. Please ask athletes to refrain from entering locker rooms. Restrooms are available behind the stands.

Spikes/Equipment: Up to 3/16" Pyramid Spikes only. Violators will be disqualified. No spikes in the bleachers. Each athlete is responsible for their own equipment.

Blocks will be provided. Athletes are responsible for their own block holders.

Implements will not be weighed and measured.

Bullpen/hip #s: All events will bullpen on the turf near the high jump. TRXC will be timing the meet and issuing hip numbers on the turf near the bullpen.

- Markings:** Chalk and tennis balls can be used for marking purposes. Tape can't be used at any time.
- Scoring/Awards:** Medals will be awarded to the top 6 in each Varsity Event. Points will be awarded to the top 8 competitors or relay teams in each event.
- Medals will be provided for JV events.
- Results:** Results will be submitted to MoMileSplit.com, and will be added to the MSHSAA Performance List. Results will also be e-mailed to all coaches that evening or the next morning.
- Spectator Area:** All spectators should view running events and jumping events from the stands. Throwing events can be viewed at the throwing areas outside the stadium. Spectators should walk outside the track to access those areas.
- Concessions:** Concessions will be sold behind the stands.
- Parking:** Bus Parking will be at the Cowan Civic Center located at 500 E. Elm Street.
- For Information:** Contact Shane Rebmann (srebmann@lebanon.k12.mo.us) (417-718-3770)
Will Christian (wchristian@lebanon.k12.mo.us) (417-657-6605)