

UMS Open

April 18th, 2024

Entries limited to 8 in open/field events and 2 relay teams

Registration will be completed on momilesplit.com

Entries are due by **April 18, by 9:00 AM**

Registration questions email [Paul Golian](mailto:Paul.Golian@TRXC.com) – [TRXC Timing](https://www.trxc.com)

Coaches Meeting 3:45

Heat sheets and opening heights

Field Events start at 4pm

Long jump, triple jump, shot put, and discus will have 3 attempts

Running Events start at 4:30pm

All running events will be girls first, followed by boys

Participating Schools and Assignments:

Hermann (4x200 1st/3rd Exchange)

New Haven (4x200 2nd Exchange)

Owensville (4x100 1st Exchange)

Pacific (4x100 2nd Exchange)

St. James (4x100 3rd Exchange)

Union (4x400 Cut In)

Washington (4x800 Cut In)

Meet Information

1. Track surface and all runways are of an all weather surface. NO spikes longer than 3/16" and NO tape on the track or runways to mark steps. Please use ½ tennis balls or similar markers.
2. Shot and Discus surfaces are concrete and are located east of the track behind the scoreboard. Teammates should shag each other's shots & discs.
3. Athletes will need to come dressed. The high school will be off - limits.
4. No warm-up on turf with track spikes on please.
5. Long jump, triple jump, discus, and shot put participants will be allowed three (3) attempts.
6. Starting heights for High Jump and Pole Vault will be set the day of the meet. Competitors will have 15 minutes excused time to run other events. We will be strict about that.
7. **Field Events begin at 3:45. Running events begin at 4:15.** All events will be run off as quickly as possible. Athletes need to be aware of the order.
8. [Click here](#) to see heat and flight sheets

<u>Order of Events</u>	
<u>Running Events</u>	<u>Field Events</u>
4x800 meter relay	Boys Discus (Girls to follow)
100 meter hurdles	Girls Shot Put (Boys to follow)
100 meter dash	Long Jump - Cafeteria Style (2 hours)
4x200 meter relay	Triple Jump - Cafeteria Style (2 hours)
1600 meter run	Girls Pole Vault (Boys to follow)
4x100 meter relay	Boys High Jump (Girls to follow)
400 meter dash	
800 meter run	
200 meter dash	
4x400 meter relay	