



Farmington "Black Knight JV Relays"
Tuesday, April 23rd, 2024
Farmington High School



BLACK KNIGHT JV RELAYS || MEET INFORMATION

- Entry Deadline:** For entries please visit: <https://mo.milesplit.com/meets/587855>
- Live Results** [TRXC Timing](#)
- Entries are due no later than: **April 22nd, 2024 @ 10:00 p.m.**
Teams are allowed two entries per event and one relay team
- Scratches/Changes:** Coaches can manage their entries until **Tuesday April 23rd @ 9:00 a.m.**
[Scratches/Changes](#)
- Entry Fee:** Cost per gender is \$175 (\$350 for both teams)
If you have fewer than 10 athletes per gender, the fee is \$15 per athlete
- Entry Information:** Paul Golian-Paul@trxctiming.com
- Meet Questions:** Jordan Stone Email: jstone@farmington.k12.mo.us
- Coaches Meeting:** Meeting will be held in the Farmington Athletic Complex. This is the indoor facility just behind the track stadium. **The meeting will begin at 2:30 p.m.** NO Additions or Substitutions at this Meeting (Please use the online system for changes)
- Team Scoring:** 10, 8, 6, 5, 4, 3, 2, 1
- Track Notes:** 3/16" pyramid spike is the allowed size. Athletes wearing longer spikes are subject to disqualification.
- Field Notes:** Contestants in the throwing events may use their own implements, but they will be placed in a pool to be used by all contestants.
- Awards:** Individual Medals for Top 3 Finishers in each event. Plaques for 1st place Boys/Girls team.
- Parking:** Please park all school buses and vehicles in the large lot at the end of Hyler Drive near the new Farmington Athletic Complex indoor facility. Please do not drop off or park buses in the student lots off of Black Knight Drive
- Meet Program:** [Click Here](#) to see the Heat/Flights Sheets

Black Knight JV Relays || Time Schedule

All athletes should pay close attention to all events calls and to the running order of events

Coaches Meeting: 2:30 PM

Field Events: *Rolling Time Schedule*

3:00 PM Boys Javelin (Followed by Girls) – Reverse order
Long Jump (Cafeteria Style) (open 3:00 - 5:00)
Triple Jump (Cafeteria Style) (open 3:00 - 5:00)
Girls High Jump (Followed by Boys)
Boys Pole Vault (Followed by Girls)
Boys Shot Put (Followed by Girls)
Girls Discus (Followed by Boys)

Shot and Discus, will be contested in flights each athlete will get four attempts

Note: Boys Javelin will be run in reverse order (best throwers first). All other throwing events will be run in the traditional way. We are experimenting with a different way to run off our throws this year so we don't have to start javelin so much earlier than everything else. Please bear with us as we figure out if this new method will work or not.

Running Events: *Rolling Time Schedule*

4:00 PM	4x800 Meter Relay	Finals
	100/110 Meter Hurdles	Finals
	100 Meter Dash	Finals
	4x200 Meter Relay	Finals
	1600 Meter Run	Finals
	4x100 Meter Relay	Finals
	400 Meter Dash	Finals
	300 IM Hurdles	Finals
	800 Meter Run	Finals
	200 Meter Dash	Finals
	3200 Meter Run	Finals
	4x400 Meter Relay	Finals