



**Farmington Quad**  
**April 6, 2023**  
**Herculaneum High School**  
**Farmington, Festus, Herculaneum,**  
**Jackson, Fox**



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## **FARMINGTON QUAD || MEET INFORMATION**

- Entry Deadline:** For entries please visit: [Milesplit.com](https://milesplit.com)
- Entries are due no later than: **Tuesday, April 4, 2023 @ 10:00 p.m.**  
Teams are allowed **UNLIMITED entries in all events**, including relays
- Scratches/Changes:** Coaches can manage their entries until **9:00 am, April 6<sup>th</sup>, 2023**
- Entry Fee:** No entry fee. All five will be invoiced for 20% of total expenses at the conclusion of the meet.
- Entry Information:** Rich Schilling - (314) 522-6176 [rich@trxctiming.com](mailto:rich@trxctiming.com)
- Meet Questions:** Jordan Stone Email: [jstone@farmington.k12.mo.us](mailto:jstone@farmington.k12.mo.us)
- Coaches Meeting:** Meeting will be held at the track shed by the 200 meter starting line.  
**The meeting will begin at 3:15 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
- Heat/Flight:** [Click Here](#) to see heat and flight sheets
- 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 also be placed in a pool to be used by all contestants.
- Awards:** No medals or team awards. We will keep a team score for informational purposes only.
- Parking:** Buses will park behind the track (along the backstretch)

# Farmington Quad || Time Schedule

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

Coaches Meeting: 3:15 PM

## Field Events: *Rolling Time Schedule*

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3:30 PM      Girls Javelin (Followed by Boys)  
Long Jump (Cafeteria Style)  
Triple Jump (Cafeteria Style)  
Girls High Jump (Followed by Boys)  
Boys Pole Vault (Followed by Girls)  
Girls Shot Put (Followed by Boys)  
Boys Discus (Followed by Girls)

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

## Running Events: *Rolling Time Schedule*

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|         |                       |        |
|---------|-----------------------|--------|
| 4:30 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 |