



Farmington Quad
March 28, 2024
Farmington High School
Farmington, Festus,
Herculaneum & Desoto



FARMINGTON QUAD || MEET INFORMATION

Entry Deadline:	Entries will be handled on Milesplit Entries are due no later than: Wednesday, March 28, 2024 @ 9:00 AM . Teams are allowed UNLIMITED entries in all events , including relays
Scratches/Changes:	Coaches can manage their entries until 9:00 AM, Thursday March 28
Entry Fee:	No entry fee. All four schools will be invoiced for 25% of total expenses at the conclusion of the meet.
Entry Information:	Rich Schilling - (314) 522-6176 rich@trxctiming.com
Meet Questions:	Jordan Stone Email: jstone@farmington.k12.mo.us
Coaches Meeting:	1:00 PM – just to confirm we are all good on work assignments. NO Additions or Substitutions at the meet. Scratches only. Please use the online system for changes prior to the deadline.
Team Scoring:	10, 8, 6, 5, 4, 3, 2, 1
Track Notes:	3/16" pyramid spike is the recommended size. Spikes up to 1/4" will be allowed.
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:	Please park in the Hyler Drive parking lot near the multi-purpose building behind the track stadium. Do NOT park off Black Knight Dr.
Heat/Flight:	Click Here to see heat and flight sheets

Farmington Quad || Time Schedule

(Revised as of 03/26/24)

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

Coaches Meeting: 1:00 PM at the Knighthead at midfield

Field Events: *Rolling Time Schedule*

1:30 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.

Boys Javelin will be run in reverse order (best throwers first). All other throwing events will be run in the traditional way.

Running Events: *Rolling Time Schedule*

3:00 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