



Farmington

"Simpson Relays"

Wednesday, April 10th, 2024
Farmington High School



SIMPSON RELAYS || MEET INFORMATION

Entries:	For entries please visit Milesplit
Live Results:	TRXC Timing
	Teams are allowed two entries per individual event and one relay team.
Scratches/Changes:	Coaches can manage their entries until Wednesday, April 10th at 9:00 AM
Entry Fee:	Cost per gender is \$200 - \$400 for both teams If you have fewer than 10 athletes per gender, the fee is \$20 per athlete
Entry Information:	Paul Golian - Paul@trxctiming.com
Meet Questions:	Jordan Stone jstone@farmington.k12.mo.us
Coaches Meeting:	Meeting will be held in the Multipurpose Building. This is the indoor facility just behind the track stadium. The meeting will begin at 1:00 p.m. NO Additions or Substitutions at this Meeting. Scratches only.
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 be placed in a pool to be used by all contestants.
Awards:	Individual Medals for Top 6 Finishers in each event. Plaques for 1st and 2nd place Boys/Girls team.
Javelin/Discus:	If we have a large number of teams enter, we will be using a minimum mark. If needed, the minimum mark will be set once entries are entered.
Parking:	Please park all school buses and vehicles in the large lot at the end of Hyler Drive near the new indoor facility. Please do not drop off or park buses in the student lots off of Black Knight Drive!
Meet Program	Click Here for Heat/Flight Sheets

SIMPSON RELAYS || TIME & DECLARATION SCHEDULE

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

Coaches Meeting: 1:00 PM

Field Events: *Rolling Time Schedule*

1:30 PM Boys Javelin (Followed by Girls) – Reverse order
Long Jump (Cafeteria Style) (open 1:30 - 4:00)
Triple Jump (Cafeteria Style) (open 1:30 - 4:00)
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*

2:15 PM	Open 1600 Meter Run* (unlimited entries, boys and girls will run separately)	
2:45 PM	4x110/100 Meter Shuttle Hurdle Relay	Finals
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 Meter IM Hurdles	Finals
	800 Meter Run	Finals
	200 Meter Dash	Finals
	3200 Meter Run	Finals
	4x400 Meter Relay	Finals

***The open 1600 meters will not be scored, but we are asking that you officially enter your athletes so they can get an official time in Milesplit.**