



# HICKMAN RELAYS

## TUESDAY, APRIL 28th, 2026

SITE: DAVID H. HICKMAN HIGH SCHOOL, COLUMBIA

ENTRY FEE: \$50 PER DIVISION (BOYS VARSITY = \$50; GIRLS VARSITY = \$50; BOYS JUNIOR VARSITY = \$50; GIRLS JUNIOR VARSITY = \$50)

MEDALS: FIRST PLACE IN EACH EVENT (VARSITY, JUNIOR VARSITY)

- MEET ENTRIES WILL NEED TO BE ENTERED IN AT [ATHLETIC.NET](https://athletic.net). **ALL ENTRIES WILL BE DUE BY MON., APRIL 27th @ 9:00AM CST. No late entries will be accepted! Scratches only at the coaches' meeting!**

Entry questions? Reach out to Paul Golian - [paul@trxctiming.com](mailto:paul@trxctiming.com)

Please enter a time/height/distance for each relay/athlete. Relays/athletes without an entered time will receive non-preferential lane assignments. Also, no “crossing over” of varsity and junior varsity entries: i.e., if an athlete is competing in a varsity event they should be entered as a varsity athlete in all events; if an athlete is competing in a junior varsity event they should be entered as a junior varsity athlete in all events.

- HEAT/FLIGHT SHEETS: [Click here](#)
- LIVE RESULTS: [Click here \(TRXC Timing\)](#)
- NO** TEAM SCORES WILL BE KEPT.
- ALL TRACK EVENTS WILL PROCEED AS FOLLOWS: **GIRLS JUNIOR VARSITY, GIRLS VARSITY, BOYS JUNIOR VARSITY, BOYS VARSITY**
- REMEMBER WE ARE **ADDING UP** FIELD EVENT MARKS AND HURDLE TIMES. WE ARE ASKING THE COACHES AT EACH FIELD EVENT TO ADD UP THEIR ATHLETES TOP 3 PERFORMERS FOR BOYS/GIRLS VARSITY AND BOYS/GIRLS JV. THIS WILL HELP US GET RESULTS OF THE MEET TO YOU FASTER. THANK YOU!
- PLEASE INFORM YOUR ATHLETES THAT WE WILL BE RUNNING THE MEET ON A ROLLING SCHEDULE. ESTIMATED TIMES ARE ON THE TIME SCHEDULE ATTACHED.
- ¼” SPIKES OR LESS** – LONGER SPIKES WILL BE DISQUALIFIED FROM THE MEET.
- MAKE ALL SCRATCHES AT THE EVENT OR WITH THE RECORDER.





## INVITED SCHOOLS

HICKMAN

JEFFERSON CITY

ROCK BRIDGE

CAPITAL CITY

BATTLE

RACHEL KORTE, MEET COORDINATOR  
DAVID H. HICKMAN HIGH SCHOOL  
1104 NORTH PROVIDENCE ROAD  
COLUMBIA, MISSOURI 65203  
rkorte@cpsk12.org

STEWART JOHNSON, HEAD COACH  
DAVID H. HICKMAN HIGH SCHOOL  
1104 NORTH PROVIDENCE ROAD  
COLUMBIA, MISSOURI 65203  
sjohnson@cpsk12.org

TRACK AND FIELD EVENTS WITH ALL OF YOUR ATHLETES PRIOR TO THE MEET:

1. **CHECKING IN TO A TRACK EVENT:** Check in with the clerk/recorder on **first** call. One member of a relay can represent the entire relay for check in purposes. Athletes are not required to remain in the starting area until **final call**, at which time the entire relay must be at the designated starting area. Pay attention to the events calls, as we are operating on a rolling schedule.
2. **CHECKING IN TO A FIELD EVENT (NOTE EARLY START TIMES!!!!):** Check in with the field event judge on **first** call. One member of a relay can represent the entire relay for check in purposes. Athletes are not required to remain in the event area until **final call**, at which time the entire relay must be at the designated starting area.
3. **CHECKING IN/OUT OF A FIELD EVENT IN ORDER TO COMPETE IN A TRACK EVENT:** Athletes **must** inform the field event judges when they are checking out to compete in a **currently** competing track event. Remember, an athlete is not required to be at the starting area until final call. We encourage athletes to get in as many jumps/throws as possible prior to leaving for a track event. When the athlete leaves for a track event, the field event judge will inform the athlete of the time frame that they must return in order to resume competition at a given height or attempt. If an athlete does not return in that time frame, the athlete **will forfeit** an attempt and must compete at the given height (if applicable) upon returning to the event. (A similar procedure will be enforced for athletes checking in/out of multiple field event areas.)
4. **COACHES MEETING:** All coaches are asked to attend a brief coaches meeting prior to the meet in order to clarify procedural points and get input regarding starting heights and heat assignments.





# HICKMAN RELAYS

## APRIL 28, 2026

*Tentative Schedule – We will operate on a rolling schedule*

BRIEF COACHES' INFORMATIONAL MEETING

*(West end of the track, near the finish line area)*

4:30 PM

### TRACK EVENTS\*

GIRLS 4X800 (**ONE HEAT**; DOUBLE WATERFALL)

5:00 PM

BOYS 4X800 (**ONE HEAT**; DOUBLE WATERFALL)

5:15 PM

GIRLS 100M HURDLES 3 PERSON ADD-UP

5:35 PM

BOYS 110M HURDLES 3 PERSON ADD-UP

5:50 PM

\*\*\*\*\***SENIOR RECOGNITION**\*\*\*\*\*

GIRLS SPRINT MEDLEY (100-100-200-400) (FIRST 3 RUNNERS IN LANES)

6:05 PM

BOYS SPRINT MEDLEY (100-100-200-400) (FIRST 3 RUNNERS IN LANES)

6:15 PM

GIRLS 4X200

6:25 PM

BOYS 4X200

6:35 PM

GIRLS DISTANCE MEDLEY (800-400-1200-1600) (**ONE HEAT**; DBL WATER)

6:45 PM

BOYS DISTANCE MEDLEY (800-400-1200-1600) (**ONE HEAT**; DBL WATER)

7:05 PM

GIRLS 4X100

7:25 PM

BOYS 4X100

7:35 PM

GIRLS 300M HURDLES 3 PERSON ADD-UP

7:55 PM

BOYS 300M HURDLES 3 PERSON ADD-UP

8:15 PM

GIRLS 1600 MEDLEY (200-200-400-800) (FIRST 3 RUNNERS IN LANES)

8:35 PM

BOYS 1600 MEDLEY (200-200-400-800) (FIRST 3 RUNNERS IN LANES)

8:45 PM

CO-ED\* 4X400 (3 TURN STAGGER)

8:55 PM

\* Junior Varsity, Followed By Varsity

See next page for Field events schedule.





## FIELD EVENTS

### **NOTE EARLY START TIMES!!!!**

BOYS POLE VAULT (9' OPEN; 6"(15cm) RAISES); THEN GIRLS (7' OPEN, 6"(15cm) RAISES)	3:00 PM
GIRLS HIGH JUMP (4' OPEN; 2"(5cm) RAISES); THEN BOYS (4' 10" OPEN; 2"(5cm) RAISES)	4:30 PM
BOYS/GIRLS LONG JUMP (3 JUMPS; CAFETERIA STYLE; 3 PERSON ADD-UP) <b>Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)</b>	3:30-4:20 PM
BOYS/GIRLS TRIPLE JUMP (3 JUMPS; CAFETERIA STYLE; 3 PERSON ADD-UP) <b>Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)</b>	4:40-5:30 PM
BOYS/GIRLS LONG JUMP (3 JUMPS; CAFETERIA STYLE; 3 PERSON ADD-UP) <b>Junior Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)</b>	5:50-6:40 PM
BOYS/GIRLS TRIPLE JUMP (3 JUMPS; CAFETERIA STYLE; 3 PERSON ADD-UP) <b>Junior Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)</b>	7:00-7:50 PM
BOYS/GIRLS JAVELIN (3 THROWS, 3 person add-up)	1:30 PM
GIRLS SHOT PUT (3 THROWS, 3 person add-up) BOYS WILL FOLLOW; SAME FORMAT	4:00 PM
BOYS DISCUS (3 THROWS, 3 person add-up) GIRLS WILL FOLLOW; SAME FORMAT	3:30 PM

