



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. **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

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.
- 1/4" SPIKES OR LESS – LONGER SPIKES WILL BE DISQUALIFIED FROM THE MEET.
- MAKE ALL SCRATCHES AT THE EVENT OR WITH THE RECORDER.





INVITED SCHOOLS

HICKMAN

CAPITAL CITY

JEFFERSON CITY

BATTLE

ROCK BRIDGE

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) Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)	3:30-4:20 PM
BOYS/GIRLS TRIPLE JUMP (3 JUMPS; CAFETERIA STYLE; 3 PERSON ADD-UP) Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)	4:40-5:30 PM
BOYS/GIRLS LONG JUMP (3 JUMPS; CAFETERIA STYLE; 3 PERSON ADD-UP) Junior Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)	5:50-6:40 PM
BOYS/GIRLS TRIPLE JUMP (3 JUMPS; CAFETERIA STYLE; 3 PERSON ADD-UP) Junior Varsity (50 minutes with 20 min. period preceding event start time for run-throughs)	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