

# KIRKSVILLE MIDDLE SCHOOL RELAYS

Wednesday, May 1, 2024



## Schedule of Events

### 1:30 - Coaches Meeting in the Press Box

### 2:00 – Field Events

Shot Put – Girls followed by boys

Discus – Boys followed by girls

Long Jump – Girls followed by boys

Triple Jump – Boys followed by girls

Pole Vault – Girls followed by boys

High Jump – Boys Followed by girls

### 3:00 – Running Events – All Finals

4 x 800 Relay G/B

100m Hurdles – G/B

100m Dash – G/B

4x200 Relay – G/B

1600m Run – G/B

Throwers 4x100 Relay (Coed)

4x100 Relay – G/B

400m Dash – G/B

800m Run – G/B

200m Dash – G/B

4x400m Relay –G/B

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**ENTRY FEE: is \$150.00**

Entries will be submitted online through [MoMileSplit](#). Deadline for entries is 9:00 am Tuesday, April 30. [TRXC](#) will provide Fully Automatic Timing.

Coaches may enter UNLIMITED athletes in individual running events, 3 athletes per Field Event, and 1 relay team per event.

[Click Here](#) for Heat/Flight Sheets

The **Coaches Meeting** will be held at **1:30 pm** in the press box.  
**SCRATCHES ONLY/No additional entries at the coaches meeting.**

All events will be finals. Four Throws/Jumps

Shot Put and Discus will be pooled. Starting blocks will be provided.

**Scoring** will be 10-8-6-5-4-3-2-1. **Medals** to top three places

The throwing areas are concrete. All other surfaces are polyurethane. Maximum spike length is 3/16 pyramid. **NO TAPE ON THE TRACK OR RUNWAYS.**

Only athletes in school uniform, coaches and workers will be allowed in the track area.

Warm ups should be done in lane 4-8 on the backside of the track.

Tents may be placed on the south and west side of the track.

**Please keep athletes away from the finish line area.**

Drop off athletes at the stadium, then buses will park at the maintenance shed lot or the HS lot. Please **DO NOT** have your buses park at Spainhower Stadium as they end up blocking the flow of traffic.