

Louisiana Middle School

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LMS BULLDOG RELAYS GENERAL INFORMATION SHEET

1. The Bulldog Relays will be held on Monday, April 13, 2026. The coaches meeting will be held at 3:15pm at the finish line. **Field events will begin at 3:30 pm, and the track events will begin at 4:30pm and will be run as finals.**
2. Entry forms will be done online at athletic.net
[MSHSAA Athletic.net Help Sheet](#)
3. **Entries are due on Monday, April 13th at 9AM. No late entries will be accepted. No substitutions will be allowed on the day of the meet. Scratches only at the coaches meeting.**

Entry questions? Reach out to Paul Golian - paul@trxctiming.com

4. Live results can be found on [TRXC Timing](#). Heat/flight sheets can be found [here](#).
5. Athletes and coaches are being asked to stay away from the finish line area. Athletes are asked to walk through the admission gate when coming back from the shot/discus area. All times will be fully automatic timed and as a result, we will run only finals.
6. Seventh and eighth grade athletes may compete in a maximum of 4 track and field events, with a maximum of three events being running.
7. A school is limited to three competitors per event “only two can medal” and one team per relay.
8. The first six places in each event will be scored 10-8-6-4-2-1.
9. Plaques will be awarded to the first place teams. Medals will be awarded to the first six finishers in each individual and relay event. In case of a tie, the point will be divided and the contestants who tie shall flip a coin for the medals.
10. Sportsmanship is expected. Anything considered unsportsmanlike can result in disqualification of the meet. Profanity will result in meet disqualification
11. The pole vaulter’s body weight must not exceed the manufacturer's weight on the pole. The coach must initial the event card prior to the meet. The starting height will be determined at the scratch meeting.
12. Coaches and administrators are responsible for supervision. Please have your athlete’s pick-up your team camp.
13. All contestants must wear official school uniform in accordance with the National Federation Track Rules.
14. Spikes in track shoes may be no longer than 3/16” and must be of the PYRAMID shape. **NO NEEDLE NOSED SPIKES WILL BE ALLOWED.** Athletes will not be allowed to wear shoes that do not follow this guideline.
15. Dressing facilities **WILL NOT BE AVAILABLE.** Please have your athletes dressed and ready to participate.

16. **DO NOT BRING STARTING BLOCKS, they will be provided.**
17. **The high jump and pole vault starting heights will be determined at the coaches meeting.**
18. **Long Jump and Triple Jump will be run cafeteria style, with a one-hour time limit. Each contestant will get three jumps, no finals.**
19. **The shot and discus will be run cafeteria style. Each athlete will get three throws, with no finals.**
20. **Each team will need to provide one coach to run an event we will send out a sign up sheet the week prior if you do not sign up an event will be assigned to you**
21. **Entry fees will be \$125.00 per team entered; \$250.00 for both boys and girls teams.**
22. **Buses park in the main high school parking lot. Please back up with the back of the bus closest to the hill.**
23. **All medals will be placed in a packet for coaches to pick-up after the meet. Please stay out of the press box.**

A schedule of events and instructions for entering entries via athletic.net are included. If you have any further questions, please contact:

Tommy Fallert (Head Track Coach)
fallert@louisiana.k12.mo.us

Matt Boswell (Head Middle School Track Coach)
boswellm@louisiana.k12.mo.us

Leah Waddell
waddelll@louisiana.k12.mo.us

Matt Cannon
cannonm@louisiana.k12.mo.us



**Order of Events
Bulldog Relays
4/13/26**

Field Events – Start at 3:30 P.M.

Girls Shot Put – Followed by Boy's Shot
Boy's Discus – Followed by Girl's Discus
Girl's High Jump – Followed by Boy's High Jump
Boy's Triple Jump – Followed by Girl's Triple Jump
Boy's Pole Vault – Followed by Girl's Pole Vault
Girls's Long Jump- Followed by Boy's Long Jump

Running Events – Start at 4:30 PM and follow the following order (girls/boys):

4x 800 Meter Relay
100 Hurdles
100 Meter Dash
4X200 Meter Relay
1600 Meter Run
4X100 Meter Relay
400 Meter Dash
800 Meter Run
200 Meter Dash
4X400 Meter Relay

