

**2021 MRVC WEST – TRACK AND FIELD
VARSITY CONFERENCE CHAMPIONSHIP**

**HOSTED BY:
ODESSA HIGH SCHOOL**



**ODESSA'S BULLDOG STADIUM
Wednesday, May 5th , 2021
MRVC WEST - TRACK AND FIELD
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1. Enclosed you will find your entry information for the MRVC – West track meet. We will be using the online entry format for this meet. Go to www.momilesplit.com to create your team account to make the entries. The meet is listed as MRVC West Track and Field Meet 2021. Please have your entries in by **Tues. May 4th by 12:00pm**. Scratches and Changes can be made until **Wed. May 5th at 9:00am**.
2. Varsity Division - 3 entries in all individual events, one in relays. Horizontal jumps and throws will have 4 attempts.
3. Scratch meeting is at 3:15 pm in the Odessa Weight Room. Field events will begin at 3:30 and running events will begin at 5:00.
4. Events will be run according to MSHSAA and NFHS guidelines. Running events will have no fewer than 3 per heat with the fast heat running last. To follow MSHSAA district and sectionals, throws and horizontal jumps will have 4 attempts with no finals.
5. Varsity Division – Scoring for individual events will be 10-8-6-5-4-3-2-1
Relays it will be 10-8-6-5-4-3-2-1
6. We will be using Excelsior Springs Timing System.
7. Varsity Division - Medals will be given to the top three in each event. Trophies will be given to the first and second place teams.
8. There are no locker room facilities available. Restrooms are located by the concession stand.
9. Tents may be set up behind the east bleachers.
10. Parking: Buses will need to park on the south end of the south parking lot.
11. Meal tickets will be given to coaches and bus drivers to be used at the concession stand.
- 12. Admission is \$5.00 for all, no passes accepted**
13. Concessions are available by our Optimist Club: They do accept credit cards.
14. In case of bad weather, we will call your school by noon.
15. A list is provided of work assignments below. Please have 3-4 competent workers available to run or help in the assigned area.

If you have any questions, please call either of the following:

Athletic Director	Mat Vleisides 816-263-2293
Odessa Head Coach	Mark Thomas 816-803-8002

2021 MRVC West Conf. Meet Workers

Meet Director	Mat Vleisides	Tech/Entries	MoMileSplit
Bullpen	Leslie Brown	Finish Line	Rob Waibel
Medals	Nancy Willig	Pressbox	Nancy Willig
Timing System	Excelsior Springs	Starter #1	Chris Rebello
Ipad backup	TBA	Starter #2	Janel Rebello
Games Committee	1 from each school	Field Judge	
FIELD EVENTS			
Shot Put	Center	Long Jump	Oak Grove
Discus	Odessa	Triple Jump	Clinton
Javelin	Pleasant Hill	High Jump	Harrisonville
		Pole Vault	Warrensburg
RUNNING EVENTS EXCHANGE ZONES			
4x100		4x200	
Gold	1st- Clinton	Black to Black/ Gold to Gold	1st/3rd- Odessa/Oak Grove
Gold	2nd- Pleasant Hill	Black to Black	2nd-Starters
Gold	3rd- Warrensburg		
Break Point	TBA		
4x400 corners	1--Center	2--Odessa	3--Clinton

*** Field Event Assignments are subject to change ***

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ORDER OF EVENTS

COACHES MEETING

3:15 p.m. Scratch Meeting in team room under the stadium

FIELD EVENTS

3:30 p.m. Boy's Discus followed by Girl's Discus
Girl's Shot followed by Boy's Shot
Girl's TJ followed by Boy's TJ. East Runway
Boy's LJ followed by Girl's LJ. West Runway
Girl's PV followed by Boy's PV.
Boy's HJ followed by Girl's HJ
Both Javelins will be AFTER the conclusion of the Shot/Discus to the West of the Stadium
.
Varsity Division - 3 Attempts - Prelims & 3 Attempts – Finals
JV Division - 3 Attempts – Finals Only

RUNNING EVENTS:

ALL RUNNING EVENTS WILL BE RAN IN THE FOLLOWING ORDER: VARSITY GIRLS then VARSITY BOYS

ALL ATHLETES MUST FIRST REPORT TO THE CLERK OF THE COURSE IN THE BULLPEN. "BULLPEN LOCATION" IS THE MIDDLE OF THE FIELD (ON THE WEST 50 NUMBER)! NO TAPE ON RUNWAYS OR TRACK!

4:00pm 3200M RUN

5:00 p.m. 3200M Relay
100M IH (GIRLS)
110M HH (BOYS)
100M DASH
800M RELAY
1600M RUN
400M RELAY
400M DASH
300M LH/IH
800M RUN
200M DASH
*30 minute break
1600M RELAY