



Rockwood Quad Girls Track & Field Meet

Thursday, April 2, 2026 | Marquette High School

Entries/Seeding: All entries will be through [Athletic.net](#). **Deadline for entries will be Thursday, April 2nd, at 9:00AM CST. No late entries will be accepted!** Scratches only at coaches' meeting!

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

[MSHSAA Athletic.net Helpsheet](#)

Entry Limitis: Unlimited entries in open events and relays. NO varsity/JV - All entries as 1 team and scored as 1 "Team".

- **Unique Scoring:** Score 3 in the opens and 2 in relays per team. (4 Teams)
10-1st, 8-2nd, 6-3rd, 5-4th, 4-5th, 3-6th, 2-7th, 1-8th

Timing Company: TRXC Timings

Live results: [Click here](#)

Heat/Flight Sheets: [Click here](#)

Meet Questions: [Marissa Waeckerle](#) | waeckerlemarissa@rsdmo.org

Important Info:

- Meet will start at 4:15 (see time schedule below: we will adjust with entries)
- All events are Finals. There will be no Prelims.
- Field Events: 3 throws/jumps; no finals
- Awards: There will be a trophy for 1st place. No medals.
- Track Infield: Please inform your athletes to keep the infield limited to warming up/cooling down and checking in at the bullpen. No food on turf.
- Track Surface: 1/4 inch spikes and below will be allowed on the track and runways.
No tape on the track or runways.
- Team Camp: Schools will be allowed to set-up team camps in the bleachers; there are limited grassy areas inside the stadium.
- Dressing Facilities: Locker rooms will not be available. Outdoor restrooms will be available next to the concession stand. Athletes are not allowed in the school building.
- Concessions: There will be concessions available.
- Medical: We will have an athletic trainer present at the meet.
- Workers: Responsible adult volunteers/coaches from each school will be needed to assist in running field events and judging exchange zones. All hands on deck.
- Athletes: Bring your own water. Sprinters, provide your own blocks.
- Teams: Eureka, Lafayette, Marquette, Summit
- Entry Fee: Costs will be divided amongst all teams.
- Games Committee: All Head Coaches.





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Schedule of Events

Coaches Meeting 3:45 at Finish Line

4:15 Start

- Pole Vault
- High Jump
- Triple Jump (Cafeteria Style; ends at 6:15)
- Discus (reverse order; best throwers start first)
- Shot put (normal order; best throws go last)

5:30 Start

- Long Jump (Cafeteria Style)
- Javelin (reverse order; best throwers start first)

Long and triple jump: 3 jumps.

Shot put and Discus: 4 throws (2-2, measure one).

Javelin: 3 throws (1-1-1) for first 2-3 flights: then 2 throws (1-1) for remaining flights (daylight).

Running Events - All Finals

- 4:15 – 4x800m Relay
- 100M Hurdles
- 100m Dash
- 4x200m Relay
- 1600m Run
- 4x100m Relay
- 400m Dash
- 300m Hurdles
- 800m Run
- 200m Dash
- 3200m Run
- 4x400m Relay

