



**Mt Vernon Middle School  
Mt'Neer Relays  
4/12/2021**

*General Information:*

**Place:** Mt. Vernon High School

**Time:** Coaches Meeting - 3:30 (Field House)

Field Events - 4:00

Running Events - 4:30

**Entries:** Limit 2 *entries* per event per grade level (4 events per individual) 1 *relay* team. We are using TRXC to manage our meets on **MoMileSplit** this year.

Please have all entries in no later than **Saturday, April 10<sup>th</sup> at noon.**

**Scratches and Changes can be made until Monday, April 12<sup>th</sup> at 9:00am.**

**Awards:** Individual medals provided for top 3 in each event; Team plaques will be provided for each grade levels top finisher as a team

**Entry fee:** \$150 for all 4 divisions / \$75 for 2 divisions

**Spikes:** 1/8 pyramid spikes only

**Appeals Committee:** Consist of one coach from each of the following teams:  
1) 2) 3) 4)

**Exchange Zones:** 4x100 Relay (Yellow to Yellow all the way around) #1 #2 #3  
4x200 Relay (Yellow to Yellow #1, Black to Black #2,#3) #1 / #3 #2



**Hospitality Room:** Will be held in Fieldhouse where coaches meeting will be conducted

**Medals/Plaques:** Medals and Plaques will be located in the press box after the meet has concluded.

**Arrival:** The High School dismisses at 3:05pm. It is somewhat congested until 3:25pm, so please be aware. Refer to the diagram below for parking and drop off points.





**Field Events:** Each entry will have three attempts for PV, LJ, TJ, HJ, Shot/Disc  
Starting heights for PV/HJ will be determined during coaches meeting

**Running Events:** Runners will be heated in bullpen; fastest heats will run first; Heats will be run 7<sup>th</sup> G / 8<sup>th</sup> G / 7<sup>th</sup> B / 8<sup>th</sup> B





**Order of Events:**

**Running Events: Field Events:**

- 1) 100M H Discus: 8<sup>th</sup> B / 7<sup>th</sup> B / 8<sup>th</sup> G / 7<sup>th</sup> G 2) 100M Dash Shot: 8<sup>th</sup> G / 7<sup>th</sup> G / 8<sup>th</sup> B / 7<sup>th</sup> B
- 3) 800M Relay HJ: 8<sup>th</sup> B / 7<sup>th</sup> B / 8<sup>th</sup> G / 7<sup>th</sup> G 4) 1600M Run LJ: 8<sup>th</sup> B / 7<sup>th</sup> B / 8<sup>th</sup> G / 7<sup>th</sup> G 5) 400M Relay TJ: 8<sup>th</sup> G / 7<sup>th</sup> G / 8<sup>th</sup> B / 7<sup>th</sup> B 6) 400M Dash PV: 7<sup>th</sup>/8<sup>th</sup> G / 7<sup>th</sup>/8<sup>th</sup> B 7) 800M Run
- 8) 200M Dash
- 9) 1600M Relay