

10TH ANNUAL NASH DASH



SUNDAY APRIL 12, 2026

Location: Moss Field at Hixson Middle School
630 S Elm Ave, Webster Groves, MO 63119

Hosted by: Holy Redeemer

Meet Director: Meg Nash | hrhawkstrack@gmail.com

Registration: Will take place on [MoMileSplit](#). **Entries will open March 30th at Midnight and will be due NO LATER than Thursday, April 9th at 9:00 AM CST. No late entries will be accepted! Scratches only day of meet!**

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

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

Live Results: [Click here](#)

SCHEDULE – RUNNING EVENTS

11:30 AM	Coaches' Meeting	
11:45 AM	Opening Prayer	
12:00 PM	50m then 100m	1st – 2nd grades
12:45PM	1600m	3rd – 8th grades
1:45 PM	200m	1st – 2nd grades
2:15 PM	100m	3rd – 8th grades
3:15 PM	400m relay (4 x 100)	1st – 8th grades
4:00 PM	400m relay (4 x 100)	Annual Coaches Relay
4:15 PM	800m	3rd – 8th grades
5:15 PM	400m	3rd – 8th grades
6:15 PM	400m	3rd – 8th grades
7:00 PM	200m	3rd – 8th grades
7:30 PM	1600m relay (4 x 400)	3rd – 8th grades

SCHEDULE – FIELD EVENTS

12:00 PM	High Jump	5 th /6 th grades, 7 th /8 th grades
12:00 PM	Running Long Jump	3 rd /4 th grades, 5 th /6 th grades, 7 th /8 th grades
12:00 PM	Shot Put	3 rd /4 th grades, 5 th /6 th grades, 7 th /8 th grades
12:45 PM	Standing Long Jump	1 st / 2 nd grades

ADDITIONAL INFORMATION

Athletes in 1st and 2nd grades can participate in up to two running events and one field event. Athletes in 3rd – 8th grades can participate in up to three running events and one field event OR two running events and two field events.

Events will go youngest to oldest as listed in the schedule. Girls go first, then boys (e.g. 400m dash will start with 3rd grade girls, then 3rd grade boys, followed by 4th grade girls then 4th grade boys, and so on).

50m and 100m dash will run concurrently on both sides of the track (boys on side closest to stands, girls on the far side)

Events will run on a rolling schedule (i.e. if we are running ahead of schedule, we will continue to run ahead). Athletes should arrive well before their scheduled event. It is the responsibility of the coaches and parents to keep their team/child informed about how fast or slow the meet is running.

Participants who miss the start of their event will be scratched. They will not be allowed to run in another age group. There will be NO DAY OF CHANGES!

Shot put weights: 3rd / 4th grades – 4lb shot; 5th / 6th grades – 6lb shot; 7th / 8th grade girls – 6lb shot; 7th / 8th grade boys – 8lb shot

Ribbons will be awarded in the running heats and the top 3 in each event will be awarded medals. TRX Timing will be the official timer for Nash Dash and results will be available online immediately.
