



2021 Odessa Quad Monday, March 22, 2021



Site:	Odessa High School Stadium (located behind the stadium).
Entries:	Entries will be done on-line with MoMileSplit
Entry Deadline:	Entries must be received by 9:00 AM on Monday March 22 We will only allow scratches the day of the meet.
Entry Limit:	You may have unlimited entries per event and two relays team for each school.
Entry Fee:	NO ENTRY FEE
Scoring:	Individual-6-4-3-2-1 Relays-6-4-2
Equipment:	1/4" pyramid spikes should be used on running and jumping surfaces. The shot put and discus areas are concrete. Athletes with spikes in excess of 1/4" will be disqualified from further competition.
Awards:	No awards or medals given
Admission:	TBA--Spectator Guidelines will be sent to schools by 3/15/2021
Hospitality:	A ticket will be issued to each coach for a drink, chips, hotdog/hamburger
Buses:	Please have your buses drop off the athletes at the behind the school from the South to the North prior to 2:45pm. And then after 3pm due to our route buses picking students up.
Teams:	Odessa, St. Michael, Lone Jack, Center
Workers	You may be asked to work some events, I am trying to get as many helpers as possible, but be prepared to have a timer from your coaching staff. Thanks
Coaches Meeting:	There will be a coaches/scratch meeting at 3:45 p.m. in the Field House.
Meet Questions:	Mat Vleisides Cell-816-263-2293 mvleisides@odessar7.net
Entry Questions:	Mat Vleisides

Odessa Quad | Time Schedule

Field Events

4:00 PM

Round 1

Girls Discus: 4 Throws
Boys Shot Put: 4 Throws
Girls Pole Vault
Boys High Jump
Girls Long Jump: 4 Jumps
Boys Triple Jump: 4 Jumps
Boys Javelin: 4 Throws

After Round 1 Ends: Round 2

Boys Discus: 4 Throws
Girls Shot Put: 4 Throws
Boys Pole Vault
Girls High Jump
Boys Long Jump: 4 Jumps
Girls Triple Jump: 4 Jumps
Girls Javelin: 4 Throws

Track Events: Rolling Schedule

4:30 PM

Girls 4x800m Relay	Finals
Boys 4x800m Relay	Finals
Girls 100m Hurdle	Finals
Boys 110m Hurdle	Finals
Girls 100m Dash	Finals
Boys 100m Dash	Finals
Girls 4x200m Relay	Finals
Boys 4x200m Relay	Finals
Girls 1600m Run	Finals
Boys 1600m Run	Finals
Girls 4x100m Relay	Finals
Boys 4x100m Relay	Finals
Girls 400m Dash	Finals
Boys 400m Dash	Finals
Girls 300m Hurdle	Finals
Boys 300m Hurdle	Finals
Girls 800m Run	Finals
Boys 800m Run	Finals
Girls 200m Dash	Finals
Boys 200m Dash	Finals
Girls 3200m Run	Finals
Boys 3200m Run	Finals
Girls 4x400m Relay	Finals
Boys 4x400m Relay	Finals