## School of the Osage



## OSAGE TRACK AND FIELD OPEN March 26, 2021

Osage Indians Head Boys Track Coach Devin Johnson <u>johnsond@osaeschools.org</u>
Osage Indians Head Girls Track Coach Miriam Hill <u>hillm@osageschools.org</u>

Participating Schools: Climax Springs, Crocker, Eldon, Eugene, Otterville, Southern Boone,

Stover, Vienna

Locker Rooms: For Osage Athletes only

**Scoring:** This will be a non-scoring meet (no team points kept)

Entry Fee: No Fee

Awards: No Medals

**Meet Entries:** All entries will be made online using **MoMileSplit**.

Entries are due by Thursday, March 25 at 5:00 pm

You are allowed unlimited number of entries.

Scratches/Changes: Coaches can manage their entries until Friday, March 26 at 9:00 am -

MoMileSplit.

**β:45 p.m.** Coaches Meeting: Exchange judges and games committee assigned at this time

4:00 p.m. Field Events

Boys High Jump followed by Girls Girls Shot Put followed by Boys Boys Discus followed by Girls Girls Pole Vault followed by Boys

Girls Triple Jump followed by Girls Long Jump Boys Long Jump followed by Boys Triple Jump

Boys Javelin followed by Girls Javelin

4:30 p.m. Running Events

Boys run first

No preliminaries; all heats against time

All runners should report to the bullpen when called

No spikes in bleachers

No tape on track or runway

• 3/16 or smaller pyramid spikes only; no needles

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Home of the Indians

Starter: Dave Carlson, Columbia, MO

**Order of Events** 4x800 Relay Hurdles 100/110 100 Dash 4x200 Relay 1600 Run 4x100 Relay Dash 400 300 Hurdles 800 Run 200 Dash 3200 Run

Relay

4x400