



OSAGE TRACK AND FIELD OPEN **March 22, 2021**

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

Participating Schools: Conway, Hermitage, Plato, Eldon, Clinton, Smith Cotton.....

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 **Monday, March 22 at 9:00 am**

You are allowed an unlimited number of entries.

3:45 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

School of the Osage

Home of the Indians



Clint Hague, A. D.

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Starter: Dave Carlson, Columbia, MO

Order of Events

4x800	Relay
100/110	Hurdles
100	Dash
4x200	Relay
1600	Run
4x100	Relay
400	Dash
300	Hurdles
800	Run
200	Dash
3200	Run
4x400	Relay