## School of the Osage



## OSAGE MS TRACK AND FIELD OPEN March 23, 2021

Osage Indians Head Boys Track Coach
Osage Indians Head Girls Track Coach

Devin Johnson Miriam Hill johnsond@osageschools.org hillm@osageschools.org

Participating Schools: Hermitage......

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 unlimited number of entries.

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

4:00 p.m. Field Events

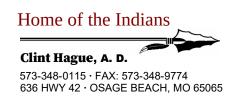
Boys High Jump followed by Girls Girls Shot Put followed by Boys Boys Discus followed by Girls Girls Pole Vault followed by Boys

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

## 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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Dave Carlson, Columbia, MO Starter:

**Order of Events** 

100 Hurdles 100 Dash 4x200 Relay 1600 Run 4x100 Relay Dash 400 800 Run 200 Dash 4x400 Relay