

# School of the Osage

Home of the Indians



Clint Hague, A. D.

573-348-0115 · FAX: 573-348-9774  
636 HWY 42 · OSAGE BEACH, MO 65065

## OSAGE MS TRACK AND FIELD OPEN

March 23, 2021

Osage Indians Head Boys Track Coach

Devin Johnson

[johnsond@osageschools.org](mailto:johnsond@osageschools.org)

Osage Indians Head Girls Track Coach

Miriam Hill

[hillm@osageschools.org](mailto: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](https://www.momilesplit.com)  
Entries are due by **Monday, March 22 at 9:00 am**

You are allowed 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

**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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**Starter: Dave Carlson, Columbia, MO**

**Order of Events**

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