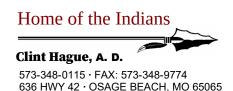
School of the Osage



OSAGE MS TRACK AND FIELD OPEN April 5, 2021

Osage Indians Head Boys Track Coach Devin Johnson jo Osage Indians Head Girls Track Coach Miriam Hill hi

johnsond@osaeschools.org hillm@osageschools.org

Participating Schools: Lincoln, Macks Creek,

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 **Sunday**, **April 4 at 5:00 pm** You are allowed unlimited number of entries.

Scratches/Changes: Coaches can manage their entries until Monday, April 5 at 9:00 am -

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