

School of the Osage

Home of the Indians



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OSAGE MS TRACK AND FIELD OPEN

April 5, 2021

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

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