



# Pacific 9th/10th Grade and Middle School Meet

Track and field  
April 13th, 2026

Pacific Head Varsity Track Coach-Jim Menderski [Jmenderski@mvr3.k12.mo.us](mailto:Jmenderski@mvr3.k12.mo.us)

Pacific Head Middle School Coach-Angie O'Neill [aneill@mvr3.k12.mo.us](mailto:aneill@mvr3.k12.mo.us)

Pacific Athletics Director-Blair Thompson [bthompson@mvr3.k12.mo.us](mailto:bthompson@mvr3.k12.mo.us)

## Meet Information

**Participating Schools:** JV - Pacific, Sullivan, Borgia, Hermann  
MS - Pacific

**Coaches and Officials Meeting:** 3:30 PM start line

**Field Event Start:** 3:45

**No Team Scoring**

**Entries:** Please have entries turned in through [Athletic.net](http://Athletic.net) by **Monday April 13th at 9:00AM**. If you have any questions about registration contact [Paul Golian](mailto:PaulGolian) at TRXC

**Timing Company:** [TRXC Timing](http://TRXC Timing)

**Heat/Flights:** [Click Here](#) to see heat and flight sheets

**Entry Fee:**

1. Athletes are limited to 4 events for the 9th and 10th grade division, and three running events and one field event for the middle school division
2. Four entries per team per event
3. Track surface and all runways are made of all-weather surface. No spikes longer than 3/16 will be allowed! Anyone caught wearing anything longer will be disqualified
4. Athletes will need to come dressed. The school building will be off limits for all participants.
5. Shot and discus rings are located to the northwest of the track. Javelin will be contested on the field just west of the track. The grass runway will run towards the discus field.  
NOTE: Throwers are encouraged to have towels handy in the event the throwing areas are muddy.
6. Long Jump, Triple Jump, Discus, Shot Put and Jav will be allowed three (3) attempts with NO finals.
7. Starting heights for the high jump and pole vault will be set at the scratch meeting on the day of the meet.
8. 3:45 Javelin: will be conducted cafeteria style open for 60 minutes. Boys first girls to follow.
9. The 3200m run will be run together if possible.
10. 7th and 8th grade will compete as one division, 9th and 10th grade as a separate division





## Field Events

3:45 Javelin- High School Girls, boys to follow  
3:45 Pole Vault-All Girls, boys to follow  
3:45 High Jump All Boys, girls to follow  
3:45 Disc Middle School Boys, Middle School Girls to follow  
3:45 Shot High School Boys, Middle School Boys to follow  
3:45 Long Jump All Girls 75 minute cafeteria style  
3:45 Triple Jump All Boys 75 minute cafeteria style

Times for the beginning of the second round of throw events are approximate

5:00 Long Jump All Boys - 75 minute cafeteria style  
5:00 Triple Jump All Girls - 75 minute cafeteria style  
5:00 Disc High School Boys, Girls to Follow  
5:00 Middle School Boys, Girls to follow

Track events will follow the traditional high school order of events.

Middle School Girls will always run first, followed by Middle School Boys, The High School Girls,  
then High School Boys

4x800  
100/110H  
100m  
4x200  
1600  
4x100  
400m  
300H (HS Only)  
800m  
200m  
3200m (HS Only)  
4x400  
Throwers Relay

