

2024 Palmyra Panther Open Meet
Event Time Schedule
April 4th, 2024

The 2024 Palmyra Panther Open Meet has been scheduled for Thursday, April 4th. **This year the Relays will be held at Palmyra High School in Palmyra, MO on their Track and Field Facilities.**

The following teams are scheduled to attend: Canton, Clark Co., Hannibal, Highland, Louisiana, Macon, Marion Co., Mark Twain, Monroe City, North Shelby, Southern Boone, South Shelby, and Palmyra. **The cost for the meet: \$200 TOTAL (\$100 BOYS/\$100 GIRLS)**

Enclosed you will find information sheets, time schedules, and event entry. We will be using www.milesplit.com for our meet entries. We have hired TRXC Timing so please go to their website to find more information. I have included directions for the website. Please complete the necessary information online by **Wednesday April 3rd by 9:00AM** Feel free to contact Coach Bross or Coach Powell with any questions you may have at brossmacy@palmyra.k12.mo.us or powelln@palmyra.k12.mo.us

If you have any entries questions feel free to contact Paul Golian Paul@trxctiming.com

1. ALL Busses need to be parked on the North side of the school over by the tennis courts.
2. NO ONE will be allowed on the football field. Remind your athletes of this.
3. Restroom facilities are available, but athletes should come dressed for competition, NO LOCKER ROOMS will be available.
4. Athletes are limited to four entries (NFHS/MSHSAA rules apply).
5. Palmyra will be medaling the top 6 in each event.
6. **Schools are allowed 3 entries in each individual event, 4 in the 800, 1600, 3200 & field events, only 2 may medal. You will be allowed 2 relay teams, only 1 may medal.**
7. High Jump and pole vault starting heights will be determined based on entry heights. *(All warm-ups need to be taken prior to the start of the event.)*
8. Throwing events will have 3 attempts that will be supervised and measured. Finals only.
9. Please be responsible for all articles, Palmyra High School WILL NOT be held responsible for lost or stolen items.
10. We will be running on an 8-lane all-weather track, please make sure that your athletes are using 3/16" spikes or less.
11. Meet Program: [Heat/Flight Sheets](#)

Palmyra High School Track & Field Facility
Palmyra, MO

- 3:00 Coaches meeting @ South endzone.
Scratches or Subs only allowed – NO ADDITIONS
- 3:15 Boys Javelin- followed by Girls **(3 Throws)**
- 3:30 **FIELD EVENTS (3 jumps and throws)**
(Jumps or Throws - all finals) (Shot and Discus will be pooled)
Girls Shot - followed by Boys.
Boys Discus - followed by Girls.
Girls Long Jump - followed by Boys **WEST RUNWAY**
Boys Triple Jump - Followed by Girls **EAST RUNWAY**
Girl Pole Vault - followed by Boys.
Boys High Jump-followed by Girls
(Starting vault height will be determined by the appeals committee
and meet official based on athlete entries)

ORDER OF EVENTS (FINALS)

- Start at 4:00 4x800 Meter Relay – Girls
3200 Meter Relay – Boys
100-Meter-High Hurdles – Girls
110-Meter-High Hurdles – Boys
100-MeterDash – Girls
100-Meter Dash - Boys
4x200-Meter Relay - Girls
4x200-Meter Relay - Boys
1600-Meter Run - Girls
1600-Meter Run - Boys
4x100-Meter Relay - Girls
4x100-Meter Relay - Boys
400-Meter Dash - Girls
400-Meter Dash - Boys
300-Meter Low Hurdles - Girls
300-Meter Intermediate Hurdles - Boys
800-Meter Run - Girls
800-Meter Run - Boys
200-Meter Dash – Girls
3200 Meter Run – Girls
3200 Meter Run – Boys
200-Meter Dash - Boys
4x400-Meter Relay - Girls
4x400-Meter Relay – Boys

Medals and Packets may be picked up at this time.

**Palmyra Panther Open Meet
April 4th, 2024**

Workers Schedule

<u>Event</u>	<u>Workers/Coordinators</u>
High Jump	
Shot Put	
Discus	
Triple Jump	
Long Jump	
Pole Vault	
Javelin	
<u>Running Events</u>	
Clerks	Coach
Starter	Charlie Welker
Hurdle Set-Up	Palmyra Middle School Athletes
Announcer	PHS Staff
Medals	PHS Staff
Runners/Results	PHS students
Appeals Committee	Palmyra, Hannibal, Monroe City
Turns and Exchanges Judges	
400m Relay	
1 st Exchange –	Macon – Canton
2 nd Exchange –	Hannibal – Clark Co.
3 rd Exchange	Palmyra – Monroe City
800m Relay	
1 st & 3 rd Exchange -	Highland – Louisiana- Mark Twain
2 nd Exchange –	Palmyra – South Shelby – Marion Co