

Palmyra Middle School Open Meet

Wednesday April 24th

Field Events @ 3:30 Running Events @ 4:00

The 2024 Palmyra Middle School Open Meet has been scheduled for Wednesday, April 24th. **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: Bowling Green, Canton, Clark County, Highland, Holy Rosary, Marion Co., Monroe City, North Shelby, South Shelby, and Palmyra. The entry fee is \$200.00 per school. **Entries are due Wednesday April 24th @ 9AM**

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 there website to find more information. I have included directions for the website. Please complete the necessary information online by Feel free to contact Coach Walker or Coach Fountain with any questions you may have at walkers@palmyra.k12.mo.us or fountaint@palmyra.k12.mpo.us

If you have any entries questions feel free to contact [Paul Golian](#)

1. ALL Busses need to be parked on the North side of the school 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, & field events, only 2 may medal. You will be allowed 2 relay teams, only 1 may medal.**
7. **Team scoring will not be kept!!**
8. Girl's high jump will be first, starting height 3'8". The boys will follow with starting height 4'6".
9. Please be responsible for all articles, Palmyra Middle 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](#)

Event Time Schedule

April 24th, 2024

Palmyra High School Track & Field Facility
Palmyra, MO

- 3:15 Coaches meeting @ straightaway.
Scratches or Subs only allowed – NO ADDITIONS
- 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 4:00 100-Meter-Low Hurdles – Girls
100-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
800-Meter Run - Girls
800-Meter Run - Boys
200-Meter Dash - Girls
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 24th, 2024

Workers Schedule

<u>Event</u>	<u>Workers/Coordinators</u>
High Jump	
Shot Put	
Discus	
Triple Jump	
Long Jump	
Pole Vault	
 <u>Running Events</u>	
Clerks	PHS
Starter	Charlie Welker
Hurdle Set-Up	Palmyra Athletes
Announcer	Larry Seago
Medals	
Runners/Results	PHS students
Appeals Committee	Palmyra, Monroe City, Highland

Turns and Exchanges Judges

400m Relay

1st Exchange – Montgomery County – Highland

2nd Exchange – Mark Twain – Clark Co.

3rd Exchange – South Shelby – Monroe City

800m Relay

1st & 3rd Exchange – N. Shelby – Marion County – Holy Rosary

2nd Exchange – Palmyra – Canton – Bowling Green