

# Palmyra Middle School Open Meet

Wednesday April 24<sup>th</sup>

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

The 2024 Palmyra Middle School Open Meet has been scheduled for Wednesday, April 24<sup>th</sup>. **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 24<sup>th</sup> @ 9AM**

Enclosed you will find information sheets, time schedules, and event entry. We will be using [www.milesplit.com](http://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](mailto:walkers@palmyra.k12.mo.us) or [fountaint@palmyra.k12.mpo.us](mailto:fountaint@palmyra.k12.mpo.us)

If you have any entries questions feel free to contact Paul Golian [Paul@trxctiming.com](mailto:Paul@trxctiming.com)

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 24<sup>th</sup>, 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 24<sup>th</sup>, 2024

### Workers Schedule

<u>Event</u>	<u>Workers/Coordinators</u>
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High Jump

Shot Put

Discus

Triple Jump

Long Jump

Pole Vault

#### Running Events

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

1<sup>st</sup> Exchange – Montgomery County - Highland

2<sup>nd</sup> Exchange – Mark Twain – Clark Co.

3<sup>rd</sup> Exchange                      South Shelby – Monroe City

#### 800m Relay

1<sup>st</sup> & 3<sup>rd</sup> Exchange -        N. Shelby – Marion County- Holy Rosary

**2<sup>nd</sup> Exchange – Palmyra – Canton – Bowling Green**