

Rachel Morris Relays
Schuyler County R-1
21701 HWY 63
Queen City, Mo 63561
GENERAL INFORMATION

Date: Monday April 26th, 2021

Time: Coaches Meeting: 1:00 PM
Field Events: 1:30 PM
Track Events: 2:30

Reminders:

Entry Limit: 2 entries per event
1 team per relay

Entries: **Entries will be entered on MoMileSplit and will be open on 4/19. Entries are due no later than Friday, April 23rd, 2021 at 9:00 AM [Online Entry Link](#)**

Scratches/Changes: **Coaches can make changes to their rosters until Monday, April 26th, 2021 by 9 AM. [Scratches/Changes](#)**

NO EXCEPTIONS ON LATE ENTRIES

Entry Questions: Rich Schilling | rich@trxctiming.com | 314-522-6176

Coaches Meeting: There will be a coaches meeting at 1:00 PM in the Home Locker Room (East of Track, directly behind Bleacher). Each team must have at least 1 representative present. We will make final scratches and heat adjustments if necessary. **There will be NO ADDS.**

Track Events: No Prelims. All times are final. Spikes need to be 1/8 needle or 1/4 pyramid. Athletes will check into BullPen located on North Side of Track

Field Events: 4 attempts & no finals. Each pit/ring will be open after first call for the event. Athletes will check into the event on site.

Exchange Zone: 4 X 1: Yellow to Yellow | 4 X 2: Black to Black | 4 X 4: Blue to Blue

Awards: A team champion plaque will be awarded to the first place team in each division (Boys/Girls). Medals will be awarded to the Top 3 places in each event. Event Scoring will follow the 10-8-6-4-2-1 format for all events.

Team Camps: Team Camps must be set up on the south side of the track behind the Bull Pen or in bleachers.

Coaches & Administrators, please help supervise your program as we would like to limit the infield access to **ATHLETES IN UNIFORM AND COACHES ONLY**. Prior to competition, Warm ups should be done in lane 4-8 on the backside of the track.

Spectators are asked to sit in the bleachers or stay behind all fenced areas, **ONLY ATHLETES AND COACHES ARE ALLOWED IN THE INFIELD**

Team Warm-Ups: Prior to competition, Warm ups should be done in lane 4-8 on the backside of the track.

Admissions: \$3.00 Adults - \$2.00 Students

Fees: \$100

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Meet Schedule

1:00 - Coaches Meeting in the Press Box

1:30 – Field Events

Javelin – Girls followed by boys (Insert Time)

Shot Put – Girls followed by boys

Discus – Boys followed by girls

Long Jump – Girls followed by boys

Pole Vault- Girls Followed by boys

Triple Jump – Boys followed by girls

High Jump – Boys Followed by girls

2:30 – Running Events

4x800 Relay – G/B

100m HH – G

110m HH – B

100m Dash – G/B

4x200 Relay – G/B

1600m Run – G/B

Throwers 4x100 Relay

4x100 Relay – G/B

400m Dash – G/B

300m LH – G

300m IH – B

800m Run – G/B

200m Dash – G/B

3200m Run – G/B (may run together)

4x400m Relay –G/B

(See map below for details)

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