

# Schuyler R-1 Middle School Relays

Friday, April 9th, 2021

## General Information

- Time:** Coaches Meeting: 3:00 PM  
Field Events: 3:30 PM  
Track Events: 4:00 PM
- Reminders:**
- Entry Limit:** 2 entries per event/3 entries shot put and discus  
1 team per relay
- Entries:** Entries will be entered on [MoMileSplit](#) and will be open on 3/29. Entries are due no later than Thursday, April 8th, 2021 at 9:00 AM
- Scratches/Changes:** Coaches can make changes to their rosters until Friday, April 9th, 2021 by 9 AM. NO EXCEPTIONS ON LATE ENTRIES.
- Entry Questions:** Rich Schilling | [rich@trxctiming.com](mailto:rich@trxctiming.com) | 314-522-6176
- Coaches Meeting:** There will be a coaches meeting at 3:00 PM in the Home Locker Room (East of Track, directly behind Bleachers). Each team must have at least one 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 bull pen located on North Side of Track.
- Field Events:** 4 attempts and 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 100 relay: Yellow to Yellow | 4 x 200 relay: Black to Black | 4 x 400 relay: 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. Events 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 and administrators, please help supervise your program as we would like to limit the infield access to ATHLETES IN UNIFORM AND COACHES **ONLY**.
- 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.
- Admission:** No entry fee; there will be concessions available.
- Fees:** \$75.00

# **Schuyler R-1 Middle School Relays**

**Friday, April 9th, 2021**  
**General Information**

## **Meet Schedule**

### **3:00 – Coaches Meeting**

### **3:30 – Field Events**

Long Jump	Girls followed by Boys
Triple Jump	Boys followed by Girls
Discus	Girls followed by Boys
Shot Put	Boys followed by Girls
High Jump	Girls followed by Boys

### **4:00 – Running Events** (Girls followed by Boys)

4 x 800 Relay
100 m Hurdles
100 m Dash
4 x 200 Relay
1600 m Run
Thrower's Relay (4 x 100) Girl-Boy-Girl-Boy
4 x 100 Relay
400 m Dash
800 m Run
Sprint Medley Relay (100-100-200-400)
200 m Dash
4 x 400 m Relay