



Sullivan Middle School Track & Field Meet

April 15th, 2024

Schools Attending: Sullivan, Rolla, North Point, Frontier, St. Clair, Bourbon

Field Events will begin at 3:30 *Running events will begin at 4:00*

Meet Notes:

- Girls will run first. Grade levels will be combined
- Our shot and discus area is on the other side of the school and out of hearing range. (We will try to have contact from the track to this area)
- Please remind your athletes to wear 3/16" spikes or shorter and to stay off of the football field.
- We will have a throwers' 4x100 prior to the 4x400. (Non-scoring event)
- All events are final
- Teams will be limited to 5 entries in open events. Two entries for relays.
- Discus and Shot Put - 3 entries each because of daylight concerns
- We will be using mo.milesplit.com to compile entries. Entries must be posted by 9am, Monday, April 15th.
- Scratch meeting/coaches meeting will be at the finish line at 3:00 p.m. You may replace a runner that was previously entered for your team if needed.
- Entry Fee - \$150
- Performance List: [Click Here to View](#)

Girls first

4x800m Relay

100m LH Girls

100m LH Boys

100m Dash (5 girls, 5 boys)

4x200m Relay

1600m Run

4x100m Relay

400m Dash (5 girls, 5 boys)

800m Run

200m Dash (5 girls, 5 boys)

4x10m Throwers Relay

4x400m Relay

Order of Events

Field Events 3:30 p.m.

High Jump: Girls, Boys

Pole Vault: Girls, Boys

Long Jump: 3 jumps cafeteria style, combined

Triple Jump: 3 jumps cafeteria style, combined

Discus 3 throws cafeteria style, combined

Shot Put - 3 throws cafeteria style, combined

- Discus & Shot Put - 3 entries each because of daylight concerns

Exchange Zones

4x100	4x200	Break Line
1st - Sullivan 2nd - Rolla 3rd - Bourbon	1st - St. Clair 2nd - Frontier	Sullivan

If you have any questions, please contact Becky Jones, AD at Sullivan Middle School, 573-468-5171, jonesb@sullivan eagles.org

Coach Linda Beckett at Sullivan Middle School, 573-468-5171, beckettl@sullivan eagles.org

If you have any questions about entries contact Paul Golian, Paul@trxtiming.com