



Russell C. Nix Relays
Wednesday, April 22, 2026
Hosted by: Washington High School

"Home of the Blue Jays"

To: All track coaches attending the Russell C. Nix Relays

Place: Washington High School

Meet Director: Adam Fischer (adam.fischer@sdownmo.org)

Time: Coaches meeting starts at 1:15 pm near the garage connected to the concession stand. The field events will start at 2:00 pm and running events at 3:15 pm/5:00 pm.

Medals: Medals will be awarded for 1st –5th place and Trophies will be awarded to the 1st and 2nd place teams for both boys and girls.

Entries: All entries should be completed on [AthleticNET](#). **Entries are due on Wednesday, April 22nd at 9 AM.**

No late entries will be accepted. Scratches only at the coaches meeting. [MSHSAA Athletic.net Help Sheet](#).

Questions regarding entries only should be directed to Paul Golian (paul@trxc timing.com).

Entry Limits: 3 entries per individual event and 1 relay per school.

Heat/Flight Sheets: Can be found [here](#).

Live Results: Can be found on <https://liveresults.trxc timing.com/>.

Track Surface & Javelin: Spikes limited to ¼" pyramid.

● **List of Events**

Shuttle Hurdle Relay (High-Low-High-Low)	1600 Medley (400-200-200-800)
Distance Medley (1200 – 800 – 400 – 1600)	Pole Vault Relay (3 Entries)
Sprint Medley (200 – 100 – 100 – 400)	High Jump Relay (3 Entries)
4 X 100 Relay	Triple Jump Relay (3 Entries)
4 X 200 Relay	Long Jump Relay (3 Entries)
4 X 400 Relay	Discus Relay (3 Entries)
4 X 800 Relay	Shot Put Relay (3 Entries)
4 X 1600 Relay	Javelin Relay (3 Entries)
4 X 100 Throwers Relay (Medals Only – No Pts.)	

Schedule

Field Event Relays (3 attempts)

Begin at 2:00 PM

Girls Long Jump--Cafeteria Style-2 Hours-- followed immediately by Boys

Boys Triple Jump--Cafeteria Style-2 Hours— followed immediately by Girls

Girls High Jump--followed immediately by Boys

Boys Pole Vault--followed immediately by Girls



Starting Heights:

Girls Pole Vault 1.85m + 15cm

Boys Pole Vault 2.60m + 15cm

Girls High Jump 1.25m + 7cm

Boys High Jump 1.50m + 7cm

Throws: Boys: Javelin, then Disc, then Shot

Girls: Disc, then Javelin, then Shot

Running Events Schedule (Girls followed by Boys)

Begin at 3:15 PM

4x1600 relay

Begin at 5:00 PM

4 x 200 relay

4 x 800 relay

Sprint Medley relay (200 – 100 – 100 – 400)

Girls Shuttle Hurdle Relay-1st & 3rd=33” 2nd & 4th=30”

Boys Shuttle Hurdle Relay-1st & 3rd=39” 2nd & 4th=36”

1600 Medley (400 – 200 – 200 – 800)

Distance Medley (1200 – 800 – 400 – 1600)

4 x 100 relay

4 x 100 throwers relay – (Medals Only / No Team Points)

4 x 400 relay

If you have not already submitted your entry fee of \$300.00 per school, please make a check payable to: **Washington High School** and send to:

Washington High School
Athletic Department
600 Blue Jay Dr.
Washington, MO 63090

*Borgia
Owensville
Union*

*Blair Oaks
Sullivan
Warrenton*

*St. Clair
St. Louis Blue Knights
North Point*

Washington

Thank you and good luck with your season!
Adam Fischer- Washington High School Activities Dept.

