



## 2023 High School Indoor Mule Relays

Presented by  
Track Barn



**Dates:** Monday, March 20<sup>th</sup>, 1:00 PM – Class 3-4-5 Boys and Girls  
Tuesday, March 21<sup>st</sup>, 1:00 PM - Class 1-2 Boys and Girls

**Site:** University of Central Missouri – Multipurpose Building  
500 South Washington, Warrensburg Mo. 64093

**Entries:** Entries for the meet must be completed online at: [MoMileSplit](#)  
**All entries are due no later than Friday March 17<sup>th</sup> at 7:00 PM**  
**Coaches if you are unable to access the meet. Please contact [rich@trxtiming.com](mailto:rich@trxtiming.com)**  
[Class 1-2 Entry Link](#) (Mo.Milesplit link is under “Indoor Track”)  
[Class 3-4-5 Entry Link](#) (Mo.Milesplit link is under “Indoor Track”)

**Scratch/Changes:** **Class 3-4-5 Boys and Girls** – Final changes/Scratches are due Sunday March 19<sup>th</sup> at 6:00 PM at MoMileSplit [Scratches/Changes](#)

**Class 1-2 Boys and Girls** – Final changes/scratches are due Monday March 20<sup>th</sup> at 6:00 PM at MoMileSplit [Scratches/Changes](#)

**Entry Limit:** There is an entry limit of two athletes per individual event and one relay, unless approved by the meet director. Contact Kirk Pedersen: [pedersen@ucmo.edu](mailto:pedersen@ucmo.edu) to accept a third athlete in an individual event.

**Performance List:** [Class 3-4-5](#) [Class 1-2](#)

**Heat/Flight Sheets:** [Class 3-4-5](#) [Class 1-2](#)

**Time Schedule:** [Time Schedule](#)

**Entry Fee:** Entry fee is \$125.00 per team or \$15.00 per athlete. A boys and girls team counts as two teams. Entry fee is based on your declared entry.

**Make Payment and mail to:**

UCM Athletics – Kirk Pedersen  
MPB 206  
Warrensburg Mo. 64093

**Awards:** Medals will be awarded to the top 6 places in all events. Pick up after meet at finish line.

**New this year!!** Event winners will receive a championship T-shirt at the award stand, near the finish line.

**\*Spikes\*:**

Track surface is Mondo. **Spikes are not allowed in the Multi Purpose Building. Any athlete getting into the blocks with spikes in shoes will be removed from the event.** We recommend using flats or spiked shoes with the spikes removed for running events. The High Jump will be contested on our wood floor. Shoes with hard plastic plate will not be allowed for the High Jump or Pole Vault.

**Results and Updates:**

Look for updates and meet results on our web site at: [www.ucmo.edu/athletic](http://www.ucmo.edu/athletic) or [www.trxctiming.com](http://www.trxctiming.com)

**Event Notes:**

- 1600 Meter Run** Will be held at the Outdoor Track at 1:30 PM weather permitting. Spikes may be worn on the Outdoor Track.
- 3200 Meter Run** Will be held on the Outdoor Track at 3:30 PM weather permitting.
- Long Jump** Will take place at the outdoor jumps area west of the arena. (It will not move indoors) Spikes may be worn.
- Shot Put** Will take place at the Throwing complex west of the arena. (It will not move indoors)

**Additional Information:**

Kip Janvrin (660) 543-4254 [janvrin@ucmo.edu](mailto:janvrin@ucmo.edu)  
Kirk Pedersen (660) 543-8309 [pedersen@ucmo.edu](mailto:pedersen@ucmo.edu)

**Entry Info:**

Rich Schilling (314) 522-6176 [rich@trxctiming.com](mailto:rich@trxctiming.com)