

University of Central Missouri

2023 Indoor Mule Relays

Meet Information

Combined Events start at 4:00 PM on Friday January 27th
Individual Events start at 1:00PM on Saturday January 28th

Meet Site: University of Central Missouri – Multi-Purpose Building
500 South Washington Ave., Warrensburg MO. 64093

- Entry Process:**
1. Entries are due no later than Wednesday January 25th by 7:00 PM at [Direct Athletics](#). This is an open competition; unattached athletes are welcome. Athletes must be post high school athletes to register. Please use entering marks that you feel your athletes are capable of at this time.
 2. Help us keep the Track heats full!
Please update or scratch any changes on Friday, January 27th by 6:00 pm to: Kirk Pedersen at Central Missouri Pedersen@ucmo.edu
 3. Heat Sheets for individual events will be sent out on Friday evening.
 4. No changes will be allowed on the day of the meet.

Entry Fee: \$300.00 per team or \$20.00 per individual. A Men's and Women's team count as two teams. Entry fee is based on your declared entry, so please scratch all non- competing athletes on Thursday January 27th by 6:00 PM.

Time Schedule: Combined Events – Friday, 4:00 pm, Saturday, 10:00 am [Time Schedule](#)
Individual events- Saturday field events 1:00 PM, running events 5:00PM

Performance List: [Performance List](#)

Heat/Flight Sheets: [Pentathlon](#) [Heptathlon](#) [Mule Relays](#) – **Seeded**

Results [Pentathlon](#) – Completed [Heptathlon](#) – Day 1 [Mule Relays](#) – Coming Soon

Live Results: [Live Results](#)

Meet Updates: Updated time schedules, heat sheets and results will be posted on the Central Missouri web site: www.ucmo.edu/athletic and www.trxctiming.com

Spiked Shoes: **Track surface is Mondo**, so **please** have your athletes use ¼” pyramid spikes only. We ask that spikes are only worn on the track and not in the hallways.

Dressing Facilities: Dressing and shower facilities are available. Bring your own towels.

Questions: Kip Janvrin (660) 543-4254 janvrin@ucmo.edu
Kirk Pedersen (660) 543-8309 pedersen@ucmo.edu
Rich Schilling (314) 522-6176 rich@trxctiming.com