

2023 Central Missouri Mule Relays

Date: Friday April 14th, 2023

Site: University of Central Missouri at Walton Stadium

Time: Field Events at 1:00 PM
Running Events at 4:00 PM

- Entries Process:**
1. Entries are due no later than **Tuesday March 11th by 6:00 PM** at [Direct athletics](#)
This is an open competition; unattached athletes are welcome.
Please use entering marks that you feel your athletes are capable of at this time.
 2. Help us keep the track full!!
Please update or scratch any changes on Thursday, April 13th, by 6:00 PM to:
Kirk Pedersen at Central Missouri: pedersen@ucmo.edu
 3. Heat Sheets will be e-mailed and available on Thursday evening April 13th.
 4. No changes will be allowed on the day of the meet.

**Performance
List:**

[Click Here](#)

Entry Fee: \$300.00 per team, or \$25.00 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 before the declaration deadline.

Track

Facilities:

Due to space restrictions in our stadium, our Track is 385 meters in length from common start to common finish in lane 1. Lane three is 400 Meters. The 800 Meter Run and 1600 Meter Relay will start in lanes and break to lane three. Races of 1500 Meters and longer will be run in lanes 3-8 on a waterfall start. The common start and finish is located in the Northeast corner of the Stadium. All sprints and jumps will be run with a tailwind.

Throwing

Area:

All throwing events will be contested at our throws complex located 300 Meters West of the Stadium. All implements will be weighed in the red shed at the Throwing Complex. The Javelin runway is rubber. If throwing events are larger than normal, we may utilize a seeded Discus event earlier. An updated schedule will be sent to coaches on Wednesday April 12th.

Jumps

Area:

High Jump: is located at the north end of the stadium.
Long Jump, Triple Jump and Pole Vault: Are located 300 meters west of the stadium, just north of our Throws complex. Be aware of conflicts that may arise due to distance between our Jumps area and the Track when making entries. Jump Officials will be so informed of conflicts.

Additional

Information:

Kirk Pedersen (660)-543-8309 pedersen@ucmo.edu

Kip Janvrin (660)-543-4254 janvrin@ucmo.edu

Entry Info:

Rich Schilling (314)-522-6176 rich@trxctiming.com

MULE RELAYS

ORDER OF EVENTS AND TIME SCHEDULE

FRIDAY APRIL 14th, 2023

FIELD EVENTS

1:00 PM	Men's Hammer Throw
2:30	Men's Pole Vault
3:00	Women's Hammer Throw
	Women's Javelin
	Men's Long Jump
	Women's Long Jump
4:30	Men's Javelin
	Men's Triple Jump
	Women's Triple Jump
4:45	Men's Discus
5:00	Women's Shot Put
	Women's Pole Vault
	Men's High Jump
6:30	Women's High Jump
7:00	Women's Discus
	Men's Shot Put

RUNNING EVENTS

4:00 PM	110 Meter Hurdles	M	Prelim
4:10	100 Meter Hurdles	W	Prelim
4:20	100 Meter Dash	M/W	Prelim
4:45	3000 Meter Steeplechase	WM	Final
5:10	100 Meter Hurdles	W	Final
5:20	110 Meter Hurdles	M	Final
5:25	100 Meter Dash	M/W	Final
5:30	1500 Meter Run	W/M	Final
6:20	400 Meter Relay	W/M	Final
6:30	400 Meter Dash	W/M	Final
7:00	800 Meter Run	W/M	Final
7:30	400 Meter Hurdles	W/M	Final
7:40	200 Meter Dash	W/M	Final
8:10	5000 Meter Run	W/M	Final
9:20	1600 Meter Relay	W/M	Final
9:50	10,000 Meter Run	W/M	Final

An Updated time schedule will be available on April 12th.