



## **Cuba High School Relays**

**Date:** Tuesday, March 26, 2024

**Site:** Wildcat Field of Pride – #1 Wildcat Pride Drive on CHS campus

**Time:** Coaches Meeting – 2:30 – Meet in BullPen area

**Javelin – 3:00**

**Field Events – 3:30**

**Running Events – 4:30**

**Entry Fees:** \$60 per team, or \$120 per school

**Send entry fees to:** Cuba High School  
Attn: Taylor Dace  
#1 Wildcat Pride Drive  
Cuba, MO 65453

You can bring your entry fee check with you on meet day if you prefer.

The following teams are expected to participate: Bourbon, Cuba, Owensville, Newburg, Salem, Steelville, Viburnum.

**Entries:** All entries will be submitted online on MoMileSplit. **Registration deadline will be 3/25/2024 at 8:00 AM.**

**Seeding:** Heats/Flights will be seeded by times and distances entered by coaches.

**Changes/Scratches:** Coaches can manage entries until March 25<sup>th</sup> @ 8:00 AM. No changes or additions will be allowed after the 8:00 AM deadline. Scratches can be made at coaches' meeting.

**Scoring:** We will be scoring 6 places (10-8-6-4-2-1). This is a non-medal meet.

**Other Info:** Buses should drop off/park behind track due to our school dismissal  
Concession Stand and Restrooms will be available.  
A meal ticket will be provided for Coaches and Bus Drivers.  
NO TAPE will be allowed on the runways or used on the high jump area. Chalk or other markers may be used, but no tape.  
Please use 3/16" spikes or smaller.  
**NO SPIKES IN BLEACHERS!**

## **Recommended Opening Heights – now measured in metric**

### **High Jump**

Girls – 130 cm (~4'3")

Boys – 160 cm (~5'3")

### **Pole Vault**

Girls – 180 cm (~6'1")

Boys – 230 cm (~7'6")

The order of Field Events will be as follows, starting at 3:30 pm.

### **Girls**

Javelin @ 2:30

Pole Vault

Triple Jump

Shot Put

### **Boys**

Javelin (Following the Girls)

High Jump

Long Jump

Discus (after Javelin is fully completed)

**Running Events** will start at 4:30. Girls will run first, followed by boys. Standard meet format will be used.

### **Exchange Zones**

\* Can be changed during coaches' meeting if necessary.

#### **4 X 10**

1<sup>st</sup> – Steelville

2<sup>nd</sup> – Salem

3<sup>rd</sup> – Viburnum

#### **4 X 200**

1<sup>st</sup> & 3<sup>rd</sup> – Newburg/Owensville

2<sup>nd</sup> – Bourbon/Starters

#### **4 x 400 & 4 x 800**

Breakline – Steelville

Exchange – Salem

#### **1600 & 3200**

Breakline – Bourbon

### **Games Committee**

Assigned at the Coaches Meeting.

We will be using Big River Race Management to time and score our meet again this year.

**Reminder: Registration deadline will be Monday, 3/25/24 at 8:00 AM.**

If you have any questions, feel free to contact me or Coach Kight.

### **Taylor Dace**

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