



Russell C. Nix Relays
Wednesday, April 17, 2024
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: *Bill Deckelman*

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.*

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 at mo.milesplit (event is named Washington NIX Relays). Deadline is Sunday, April 14 @ 11 am.*

Track Surface & Javelin: *Spikes limited to ¼” pyramid.*

• **List of Events**

• **Please Note the Medley Order Correctly Listed Below**

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.)	

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
 Pacific
 Union*

*Blair Oaks
 Owensville
 Warrenton*

*St. Clair
 Sullivan
 Timberland*

*Washington
 Ft. Zumwalt South
 St. Louis Blue Knights*

Thank you and good luck with your season!
 Bill Deckelman, CMAA