



# OWENSVILLE HIGH SCHOOL ACTIVITIES

PO BOX 536 (3336 HWY 19) OWENSVILLE, MO 65066; PHONE: (573) 646-4005

MATT JOHNSON - ACTIVITIES DIRECTOR [mjohnson@dutchmen.us](mailto:mjohnson@dutchmen.us)

KRISTEN BREESE - ADMINISTRATIVE ASSISTANT [kbreese@dutchmen.us](mailto:kbreese@dutchmen.us)

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## OWENSVILLE TRACK AND FIELD OPEN

**DATE/TIME:** APRIL 2, 2024 (4:00)

**LOCATION:** OWENSVILLE HIGH SCHOOL

**TEAMS:** OHS, FATHER TOLTON, S. CALLAWAY, NEW HAVEN, SULLIVAN,  
MONTGOMERY CO, BELLE

**SCORING:** INDIVIDUAL (10-8-6-4-2-1); Relay (10-8-6-4-2)

**EXCHANGE ZONES:** 4x100 (1. FT 2. HELIAS 3. SULLIVAN) 4x200 (NEW HAVEN)

**ORDER OF EVENTS:** RUNNING EVENTS (GIRLS FOLLOWED BY BOYS)

<b>RUNNING EVENTS (4:30)</b>	<b>FIELD EVENTS (4:00)</b>
3200 m Relay	Boys Discus (Girls to follow)
100 m Hurdles	Girls Shot Put (Boys to follow)
100 m Dash	Boys & Girls Long Jump
800 m M Relay	Boys & Girls Triple Jump
1600 m Run	Girls Pole Vault (Boys to follow)
400 m Relay	Boys High Jump (Girls to follow)
400 m Dash	Boys Javelin (Girls to follow)
800 m Run	
200 m Dash	
1600 m Relay	

**REGISTRATION:** TO BE COMPLETED ON MOMILESPLIT (MEET NUMBER AND INSTRUCTIONS WILL FOLLOW) - DUE BY 4/1/2024 at 6:00PM

*The long and triple jump will be run cafeteria style with an hour and a half time limit. Participants in the long and triple jump will receive four jumps. Participants in the shot put and discus will receive 4 throws. Pole vault will start at 1.50 m for girls and 1.80 m for boys and will increase by increments of 10cm. High jump will begin at 1.20 m for girls and 1.35 m for boys and will increase by increments of 5cm.*