



OWENSVILLE HIGH SCHOOL ACTIVITIES

PO Box 536 Owensville, MO 65066 - Phone: (573) 646-4005 Fax: (573) 646-4860

Matt Johnson - Activities Director mjohnson@dutchmen.us

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OWENSVILLE TRACK AND FIELD RELAYS

DATE/TIME: April 12th @ 3:30

LOCATION: Owensville High School

TEAMS: Owensville, Belle, Bourbon, Fatima, Hermann, Rolla, St. Clair, St. Francis Borgia, St. James, Salem, Montgomery Co., Sullivan, Pacific, Chamois, North Point

SCORING: 10-8-6-5-4-3-2-1

EXCHANGE ZONES: 4x100 (Fatima, Hermann, St. Clair) 4x200 (Bourbon)

SUPER ALLEY BREAK: 3200m Relay (St. James), 1600m Relay (Borgia), 800m Run (Bourbon), 3200m Run (Fatima), 1600 Run (Hermann)

ORDER OF EVENTS: Running Events (Girls followed by Boys)

RUNNING EVENTS (4:00)	FIELD EVENTS (3:30)
3200 m Relay	Boys Discus (Girls to follow)
100 m Hurdles	Girls Shot Put (Boys to follow)
100 m Dash	Boys Long Jump (Girls to follow) 4:00
800 m M Relay	Girls Triple Jump (Boys to follow) 4:00
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)
300 m Hurdle	
800 m Run	
200 m Dash	
3200 m Run	
1600 m Relay	

AWARDS: Individual (1st-6th), Relays (1st-4th), Team (1st-3rd)

APPEALS COMMITTEE: Owensville, Hermann, St. Clair, St. James



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INFORMATION:

- Entries will be limited to 3 per running, 1 per relay and 3 per field event.
- Spikes must be 3/16" or less.
- All Participants will remain at the track area. The school is off limits
- We will have meal tickets for coaches.
- Please stay off the football field (unless warming up).
- Discus will take place behind the football field towards Owensville Elementary School
- Javelin will take place east of the baseball field (OMS field)
- Track spikes are not to be worn in the bleachers
- No one is to be in the press box.
- Medals will be placed in an envelope and given to the coaches at the completion of the relay.
- Meet results will be posted on Athletic.net and mo.milesplit throughout the meet.
- Starting heights for pole vault and high jump will be determined at the scratch meeting.
- Heights for vault will increase in increments of 15 cm, High jump will be 5cm
- **All warm-ups need to be completed prior to the start of the event**
- The long and triple jump will be run cafeteria style with 3 jumps and a 1.5 hour time limit
- **After the hour and a half time limit has expired there will be no additional jumps given.**
- Shot put and discus will be put into flights and receive 3 throws. JAV-3 THROWS.
- Athletes must report to the bullpen prior to their race.
- No athlete will be added to a race at the starting line.
- **Any athletes that are not at the bullpen after the third call will be scratched.**
- Make sure your athletes listen to the P.A. announcers.

Admin on Duty: Matt Johnson

Finish Line Clerk: Don Hempelmann, Richard Powers

Bull Pen: Dustin Howard

Scorer: Dave Koppelman

Starters: Randy Crowe

ENTRIES: We will be using Mile Split to compile entries.

ENTRY FEE: \$100 per school

REGISTRATION: Due by 4/11 @ 6:00 pm. No scratches, adds, or substitutions