



## OWENSVILLE HIGH SCHOOL ACTIVITIES

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# OMS TRACK AND FIELD OPEN

**DATE/TIME:** March 21, 2024 (4:00)

**LOCATION:** OWENSVILLE HIGH SCHOOL

**TEAMS:** OWENSVILLE, PACIFIC, UNION, SULLIVAN, HERMANN

**SCORING:** INDIVIDUAL (6-4-3-2-1); Relay (6-4-2)

**EXCHANGE ZONES:** 4x100 (1. Pacific 2. Union 3. Sullivan) 4x200 (Hermann)

**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                   |                                   |
| 800 m Run                    |                                   |
| 200 m Dash                   |                                   |
| 1600 m Relay                 |                                   |

**REGISTRATION:** TO BE COMPLETED ON MOMILESPLIT (MEET NUMBER AND INSTRUCTIONS WILL FOLLOW) - DUE BY 3/20/24 at 8:00

*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. Starting heights will be determined at Coaches meeting.*