



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

Kristen Breese - Administrative Assistant kbreese@dutchmen.us

OMS TRACK AND FIELD RELAYS

DATE: April 11, 2024

TIME: We will start as close to 3:30 as possible (workers coming directly from school)

LOCATION: Owensville High School

TEAMS: Owensville, Pacific, Union, Sullivan, Bourbon, St.James, Hermann, New Haven, Bland, St.Clair, Washington, Immaculate Conception MS, N. Callaway, St. George, Thomas Jefferson, North Point

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

EXCHANGE ZONES: 4x100 (Pacific, Union, Sullivan) 4x200 (St.James)

SUPER ALLEY BREAK: 3200m Relay (Bourbon), 1600m Reley (New Haven), 800m Run (Hermann), 1600 Run (Washington)

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

RUNNING EVENTS (4:30)	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	
800 m Run	
200 m Dash	
1600 m Relay	

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



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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 momilesplit 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 1.5 hour time limit.
- Athletes will receive 3 jumps to be completed at any time during the hour and a half
- **After the hour and a half time limit has expired there will be no additional jumps given.**
- Athletes in the shot put and discus will be put into flights. 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: Kelley Brown/Matt Johnson

Finish Line Clerk:

Bull Pen: Dustin Howard

Scorer: Dave Koppelman

Starters: Randy Crowe

ENTRIES:

- We will be using Mile Split to compile entries. Please do not wait until the last day to create and familiarize yourself with the website.
- Entries will be due on **Wednesday, April 10th at 8:00pm.** There will be no additions at the scratch meeting.

ENTRY FEE: \$100 per school