



Four Rivers Conference Track Championships

April 29th, 2024

Field Events 9:30 | Track Events 10:00



Location: Hermann High School

Information:

*Entries will be due on **Saturday, April 27th at noon**. Teams are allowed 3 entries per individual event and 1 entry per relay for both Varsity and JV.

*9th-11th graders are allowed to compete as JV

*9th-12th graders may compete as Varsity

*JV athletes may be a member of up to 3 Varsity relay teams.

*If an athlete competes in any JV event they may not compete in an individual Varsity event.

*Spikes must be 3/16" or less.

*Meet results will be posted on MileSplit Live throughout the meet.

Coaches' Meeting: There will be a scratch meeting at 8:45 at the finish line. No additions or changes will be made at this meeting. Coaches can only make scratches.

Field Events: For Varsity, preliminaries will be run with the top 9 making it to finals with the exception of high jump and pole vault. JV athletes will be given 4 attempts; there will be NO JV FINALS. Chalk will be allowed for the high jump and along the side of the runways for the jumps. No tape is to be used on any area of the track surface.

Running Events: *(Change from previous years)* All running events will be final

Awards:

*Top 3 will be awarded for both Varsity and JV per event.

*Plaque will be given to the 1st place Varsity team.

All-Conference: Selection is determined by where the athlete finishes in the Varsity Conference Meet.

1st place finish – 1st Team All FRC

2nd place finish – 2nd Team All FRC

3rd place finish – Honorable Mention All FRC

All-Conference athletes should stay for a group picture at the conclusion of the meet.

Games Committee: Owensville, New Haven, Pacific

Event Assignments (AM/PM): The first school listed will work the given event in the morning, the second will work the afternoon time slot. We will switch events following the completion of the first event.

Shot Put: Owensville / Sullivan Discus: Pacific / St. Clair
 Javelin: New Haven / Union Pole Vault: St. James / New Haven
 Long Jump: Sullivan / St. James Triple Jump: St. Clair/ Owensville
 High Jump: Union / Pacific

Facilities: The school and press box will be off limits to all athletes and spectators. A hospitality room will be offered for coaches, officials, bus drivers and administration.

Admission: No admission will be charged for spectators.

Officials: Starters: Jeff Anderson and John Tucker
 Field Judge: Randy Crowe

Lane Judges: Super Alley Break:

400 m Relay– Owensville, Sullivan, Pacific

800 m Relay-- Union, St. Clair

1600 m Relay -- Pacific

3200 m Relay-- Hermann

800 m Run-- Hermann

1600 m Run-- Hermann

3200 m Run-- Hermann

Scoring:

Event scoring will be 10-8-6-5-4-3-2-1

**Only 2 athletes per school can score in each event.*

Schedule of Events:

8:45 - Coaches Meeting

Field Events

9:30	Girls Discus (JV followed by Varsity)	11:30	Girls Shot Put (JV followed by Varsity)
	Boys Shot Put (JV followed by Varsity)		Boys Discus (JV followed by Varsity)
	Girls High Jump (JV followed by Varsity)		Girls Pole Vault (JV followed by Varsity)
	Boys Javelin (Varsity followed by JV)		Girls Javelin (Varsity followed by JV)
	Boys Pole Vault (JV followed by Varsity)		Boys High Jump (JV followed by Varsity)
	Boys Long Jump (All Divisions - 2 Hours Cafeteria Style Varsity Finals -1 Hour)		12:30
Girls Triple Jump (All Divisions - 2 Hours Cafeteria Style Varsity Finals -1 Hour)	Boys Triple Jump (All Divisions - 2 Hours Cafeteria Style Varsity Finals -1 Hour)		

Running Events

10:00	3200m Run JV Girls & JV Boys	2:25	400m Dash JV Boys
****Break****		2:35	400m Dash Varsity Boys
11:40	Boys 4 x 800m Relay JV & Varsity	2:45	400m Dash JV Girls
11:55	Girls 4 x 800m Relay JV & Varsity	2:55	400m Dash Varsity Girl
12:10	Boys JV 110m Hurdles Finals	3:05	300m Hurdles JV Boys
12:15	Boys Varsity 110m Hurdles Finals	3:10	300m Hurdles Varsity Boys
12:25	Girls JV 100m Hurdles Finals	3:15	300m Hurdles JV Girls
12:30	Girls Varsity 100m Hurdles Finals	3:20	300m Hurdles Varsity Girls
12:45	Boys JV 100m Dash Finals	3:25	800m Run JV Boys
12:50	Boys Varsity 100m Dash Finals	3:30	800m Run Varsity Boys
12:55	Girls JV 100m Dash Finals	3:35	800m Run JV Girls
1:00	Girls Varsity 100m Dash Finals	3:40	800m Run Varsity Girls
1:05	4 x 200m Relay JV Boys	3:45	200m Dash JV Boys
1:10	4 x 200m Relay Varsity Boys	3:50	200m Dash Varsity Boys
1:15	4 x 200m Relay JV Girls	3:55	200m Dash JV Girls
1:20	4 x 200m Relay Varsity Girls	4:00	200m Dash Varsity Girls
1:25	1600m Run JV Boys	4:05	3200m Run Varsity Boys
1:35	1600m Run Varsity Boys	4:20	3200m Run Varsity Girls
1:45	1600 m Run JV Girls	4:35	4 x 400m Relay JV Boys
1:55	1600m Run Varsity Girls	4:40	4 x 400m Relay Varsity Boys
2:05	4 x 100m Relay JV Boys	4:45	4 x 400m Relay JV Girls
2:10	4 x 100m Relay Varsity Boys	4:50	4 x400m Relay Varsity Girls
2:15	4 x 100m Relay JV Girls		
2:20	4 x 100m Relay Varsity Girls		

Meet Director: Josh Morris

BullPen: Andy Emmons

Finish Line Clerk: Dr. Geoff Neill

Announcer: Jess Robb

Scorers: Brian Azevedo, Bobbie Mundwiller