

# HERMANN MIDDLE SCHOOL TRACK AND FIELD

Josh Morris, Head Coach (High School)  
Kim Forbis, Head Coach (Middle School)

## Hermann Middle School Relays

Tuesday, April 18, 2023

Dear Athletic Director/Track Coach:

The following is information on the Hermann Middle School Relays to be held on Tuesday, April 18, 2023 at 4:00 PM. We will have a short coaches meeting at **3:30 at the finish line** to hand out meet packets and make scratches. No substitutions can be made except for relays.

### GENERAL MEET INFORMATION

*We ask that you arrive before 3:00, or after 3:15 p.m. Enter on south bridge, turn right. Drop athletes at scoreboard gate (tent area). Buses should then follow the drive around in front of the high school building and park in the parking lot in front of the Central Office building.*

Participating Schools: Cuba, Hermann, New Haven, Owensville, Pacific, St. Clair, St. James, Steelville, St. Joseph Catholic, Sullivan, Union, Washington

Games Committee:

### ORDER OF EVENTS

<b>COACHES MEETING - 3:30 PM at the finish line</b>	
<u>Running Events - Start At 4:30 PM</u> <b>Boys will run first</b>	<u>Field Events Start at 4:00 PM</u>
3200m relay	Boys Discus (Girls to follow)
100m hurdles	Girls Shot Put (Boys to follow)
100m dash	Boys Pole Vault (Girls to follow)
800m relay	Girls High Jump (Boys to follow)
1600m run	Coed Long Jump 2 Hours Cafeteria Style
400m relay	Coed Triple Jump 2 Hours Cafeteria Style
400m dash	
800m run	
200m dash	
1600m relay	

1. Medals will be given for the top 4 individuals and the top 4 relays.
2. Plaques will be awarded to the 1st place team in each division
3. Two entries per gender and one relay per gender per school for running events; Field events – 2 entries per gender per school.
4. **Entries need to be submitted on-line using mo.milesplit by noon on Monday, April 17. If you have questions please contact Josh Morris at [jmorris@hermann.k12.mo.us](mailto:jmorris@hermann.k12.mo.us)**

5. Coaches Meeting –**SCRATCHES ONLY!** Substitutions will only be allowed on relays. Scratches for field events will be done at the event. Individual events report at line. All races against time.
6. The first eight places in each running event shall be scored (10-8-6-5-4-3-2-1). The first eight places in relays shall be scored (10-8-6-5-4-3-2-1). In case of ties, the points shall be divided.
7. Pole Vault and High Jump starting heights will be determined based on entry heights. The bar will be successively elevated 15cm at a time for pole vault. The bar will be successively elevated 5cm at a time for high jump. *(All warm-ups need to be taken prior to the start of event.)*
8. The long jump and triple jump will be run cafeteria style with a 2 hour time limit. Participants will have three jumps that can be taken any time during their time limit. **After the 2 hour time limit is up, no additional jumps will be given.** Encourage your athletes to be at field events when not running.
9. Field events will have 3 attempts that will be supervised and measured.
10. Field event participants will have 15 minutes to report back to their field event after they LEAVE for a running event. If they are not back within 15 minutes, they will be scratched.
11. 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.**
12. Automatic timing will be used. If we have technical difficulties, each team will need to provide a timer.
13. Concessions and restroom facilities available at the track. All participants need to remain in the track area.
14. Track Surface: Eight-lane all weather 3/16" spikes only.
15. All boys' shot puts must be marked 4k. Girls will throw the 6 lb. shot.

### Relay Judges

4 x 800m Relay Break Line	Owensville		
4 x 200 1 <sup>st</sup> & 3 <sup>rd</sup> Exchange	Pacific, St. Clair		
1600m Break Line	Hermann		
4 x 100	1st - New Haven	2 <sup>nd</sup> – Sullivan	3 <sup>rd</sup> -Washington
4 x 400m Break Line	Steelville		

Send \$125.00 entry fee to: Hermann High School  
 c/o Todd Anderson, Athletic Director  
 176 Bearcat Crossing  
 Hermann, MO 65041