

73rd Annual Mineral Area Relays & Girls Invitational

Date: Friday AND Saturday, April 3-4, 2020.

VARSITY MEET ON FRIDAY NIGHT, JV ON SATURDAY

Time: VARSITY- Field events on Friday afternoon will begin at 4:00 PM, running events will begin at 4:30. We will have a short coaches' meeting at 3:30 PM in the High School Cafeteria. **Throws will begin at 3:30.

JUNIOR VARSITY- Field events on Saturday morning will begin at 10:00 AM, running events will begin at 10:30. We will have a short coaches' meeting at 9:30 AM in the High School Cafeteria. **Throws will begin at 9:30.

Divisions: The meet will have four divisions: Boys Varsity and Girls Varsity on Friday, Boys JV and Girls JV on Saturday,. You may enter an athlete in one division only. **Only 9th and 10th grade student-athletes may compete in the JV divisions.**

Awards: First through fifth places will receive a medal in the Varsity Division. First through third place will receive a medal in the JV Division. We will award a plaque for the team point winner in each division (i.e. Boy's Varsity, Boy's JV; Girl's Varsity, Girl's JV).

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

Surface: 8-Lane, rubberized track. We allow 3/16 and below spikes on the track and runways.
NO TAPE ON THE TRACK OR RUNWAYS.

Seeding: Heats/Flights will be seeded by time and distances entered.

Field Events: Each athlete will receive four jumps and four throws. There will be no finals. Opening height for the pole vault and high jump will be decided at the coaches' meeting.

Entry Fees: The entry fee will be \$100 per division or \$300 if you enter all four divisions and must be paid prior to the meet.

Miscellaneous: There are bathrooms, but no locker room facilities available.

Entry Deadline: Please confirm your team's participation by **March 6th, 2020**. Athletes must be entered by Thursday, **April 2nd, 2020 at 11:59 PM** through www.momilesplit.com.

If you have any questions, please feel free to contact Coach Kyle Davis at 636-479-5200 or by email at kdavis@dunklin.k12.mo.us.

Events:

Field Events (Boys & Girls):

Starts at 3:30 Friday & 9:30 Saturday

Javelin (Varsity Boys/JV Boys, Varsity Girls/JV Girls)

Shot Put (Varsity Girls/JV Girls, Varsity Boys/JV Boys)

Discus (Varsity Girls/JV Girls, Varsity Boys/JV Boys) - **(Cannot start until Javelin is complete)**

Starts at 4:00 Friday & 10:00 Saturday

High Jump (Varsity Girls/JV Girls, Varsity Boys/JV Boys)

Long Jump (CAFETERIA STYLE UNTIL 6:30 PM Friday, 12:30 Saturday (Varsity Boys, Varsity Girls, JV Boys, JV Girls)

Triple Jump (CAFETERIA STYLE UNTIL 6:30 PM Friday, 12:30 Saturday (Varsity Girls, Varsity Boys, JV Girls, JV Boys)

Pole Vault (Varsity Boys/ JV Boys, Varsity Girls/JV Girls)

Running Events (Boys & Girls):

Starts at 4:30 Friday & 10:30 Saturday

4X800 M Relay

110 Hurdles

100 M Dash

4X200 M Relay

1600 M Run

4X100 M Relay

400 M Dash

300 M Hurdles

800 M Run

200 M Dash

3200 M Run

4X400 M Relay