



South Callaway HS Relays 2021

Place: South Callaway Track
Date: Friday, April 30, 2021
Time: Meet starts at 4:00 p.m.

Entry Information:

- **DEADLINE FOR ENTRIES IS THURSDAY, APRIL 29 AT 10:00 PM.**
- All entries should be done online at: mo.milesplit.com
- All running events will be FAT.
- Each school is limited to two entries in individual events and one entry for relays.
- A SCRATCH ONLY meeting will be held at 3:30 p.m. at the field house. Coaches may scratch only at the coaches meeting that day. Heats will be re-seeded after coaches meeting if necessary. Heats will be run against time.

General Information:

- Entry Fee: \$75.00 per team &/or \$150 per school
- Concessions will be available.
- 1/4" spikes may be used on the South Callaway track, long jump, triple jump, high jump, pole vault, and javelin approaches. Participants wearing other types of spikes will be disqualified. No tape is allowed on surfaces in these events.
- All participants should be in proper uniform according to MSHSAA rules. Each school is responsible for the conduct of their athletes.
- Jumps and throws will be determined by best mark out of 3 attempts.
- Medals will be given to top six places in individual events and to the top four places in relays. Medals will be placed in envelopes and given to coaches after the meet. Team scores will be kept. Plaques will be given to the top team in the boys and girls competition.
- High school athletes are limited to four events, including relays. Points will be awarded: 10-8-6-5-4-3-2-1 for individual events and 10-8-6-5-4-3-2-1 for relays.
- The booth above the bleachers is a restricted area. We ask that no coach, student, or spectator be in the booth unless given permission.
- No spectators inside the fenced area on track or football field.
- All tents should be placed on the hillside at the finish line end of the track.

Contact Information:

HS Head Track Coach – April Holzem & Bill Frazee
april.holzem@sc.k12.mo.us , bill.frazee@sc.k12.mo.us
AD - Tony Brandt: 573-528-8570
School – 573-676-5225 ext 7



SCHEDULE OF EVENTS

4:00 FIELD EVENTS BEGIN:

Boys Shot Put (Cafeteria Style 1 hour) followed by Girls
Boys Discus (In Flights) followed by Girls
Girls Javelin (Cafeteria Style 1 hour) followed by Boys
Girls Pole Vault followed by Boys
Boys High Jump followed by Girls
Boys Long Jump followed by Girls
Girls Triple Jump followed by Boys

4:45 RUNNING EVENTS: (girls precede boys in all events)

****Exchange Zone Judges may be changed at the coaches meeting.***

4x100

#1 Southern Boone

#2 Capital City

#3 Hallsville

4x200

#1 & 3 Russellville & St. Elizabeth

Field Events Notes:

- Starting heights will be determined based on entries submitted and will be announced at the coaches meeting.
- Minimum measuring distances for the girls' shot is 6m and boys is 7.5m.
- Minimum measuring distances for the girls' discus is 20m and boys is 23m.
- Minimum measuring distances for the girls' javelin is 12m and boys is 20m
- Note: Each thrower will be given 1 measured mark. For each throw after, if the throw does not reach the minimum marks listed above the throw will not be measured.