



2021 FRC TRACK & FIELD CHAMPIONSHIPS



Date: Monday, May 3rd, 2021

Location: Pacific High School

Meet Entries: Entries are to be done online using [mo.milesplit](http://mo.milesplit.com). Entries are due by 9am on Sunday, May 2nd. Teams are allowed **3 entries in each 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 on up to 3 varsity relay teams.
- If an athlete competes in any JV event, they may not compete in an individual varsity event.

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

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

Meet Results: Live results will be available through Big River at brm.com. Final results will be posted on [mo.milesplit](http://mo.milesplit.com) and athletic.net.

Field Events: For varsity, preliminaries will be run with the top 9 making the finals with the exception of the high jump and pole vault. For jv, 4 attempts will be allowed with NO FINALS.

Running Events: Preliminaries/finals will be run in the 100m dash, 100/110 hurdles, and 200m dash. All other running events will be run as finals.

Awards: Medals will be awarded to top 3 for both varsity and JV events. A plaque will be given to the 1st place varsity team. Plaques for Most Outstanding Male and Female Performers will also be awarded as voted on by coaches at the end of the meet.

All-Conference Selections: Selection is determined on where the athlete finishes in the Conference meet.

- | | |
|---------------------------------|----------------------|
| 1 st place finish -- | 1 st Team |
| 2 nd place finish-- | 2 nd Team |
| 3 rd place finish-- | Honorable Mention |

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

Markers: For exchange zones, “tennis ball” types of markers are allowed on the track. Chalk is allowed for the high jump. Chalk and/or markers have to be to the side of the runways. No tape is to be used on any area of the track surface.

Buses: Please unload by the stadium and park your bus in our baseball parking lot near Truman Elementary at the bottom of Indian Warpath Dr.

Games Committee: Hermann, New Haven, and Sullivan

Event Assignments (AM/PM): The first school name will fill the event in the AM and the second name will fill the PM slot. We will switch events after the scheduled break in the hospitality area.

Shot Put: Union/New Haven

Discus: Hermann/St. Clair

Javelin: Owensville/Sullivan

Pole Vault: St. James/Union

Long Jump: St. Clair/Owensville

Triple Jump: Sullivan/St. James

High Jump: New Haven/Hermann

Spikes: No spikes on any synthetic surfaces longer than 3/16th inch.

Coaches' Meeting: There will be a scratch meeting at 8:45 in the commons behind the stadium. No additions or changes at the meeting. Coaches can only make scratches.

Facilities: Concessions and restrooms are located at the east end of the stadium. The school will be off limits to athletes and supporters. A hospitality area will be offered for coaches, officials, and administration.

T-shirts: There will be a vendor at the meet creating shirts for sale.

Officials:

Starters: Randy Crowe and Russ Rowbottom

Field Judge: Tom Rahl

Admission: No admission cost for spectators, but please remind your fans that only service animals allowed--no pets!

2021 FRC Track & Field Championships

Pacific High School - Monday, May 3, 2021

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 – 1Hour)	12:30	GIRLS - Long Jump (All Divisions – 2 Hours – Cafeteria Style, Varsity Finals – 1Hour)
	GIRLS - Triple Jump (All Divisions – 2 Hours – Cafeteria Style, Varsity Finals – 1Hour)		BOYS-- Triple Jump (All Divisions– 2 Hours – Cafeteria Style, Varsity Finals – 1Hour)

RUNNING EVENTS

10:00	Varsity GIRLS- 100m Hurdles - Prelims	1:55	4 x 100m Relay - JV GIRLS
10:05	Varsity BOYS- 110m Hurdles - Prelims	2:00	4 x 100m Relay - Varsity GIRLS
10:20	Varsity GIRLS- 100m Dash - Prelims	2:05	4 x 100m Relay - JV BOYS
10:25	Varsity BOYS- 100m Dash - Prelims	2:10	4 x 100m Relay - Varsity BOYS
10:40	3200m Run - JV GIRLS and JV Boys	2:15	400m Dash - JV GIRLS
11:00	Varsity GIRLS - 200m Dash - Prelims	2:25	400m Dash - Varsity GIRLS
11:05	Varsity BOYS - 200m Dash - Prelims	2:35	400m Dash - JV BOYS
**** B R E A K – 30 Minutes****		2:45	400m Dash - Varsity BOYS
11:40	4 x 800m Relay – GIRLS (JV & Varsity)	2:55	300m Hurdles - JV GIRLS
11:55	4 x 800m Relay – BOYS (JV & Varsity)	3:00	300m Hurdles - Varsity GIRLS
12:10	JV GIRLS – 100m Hurdles - FINALS	3:05	300m Hurdles - JV BOYS
12:15	Varsity GIRLS – 100m Hurdles - FINALS	3:10	300m Hurdles - Varsity BOYS
12:25	JV BOYS– 110m Hurdles - FINALS	3:15	800m Run - JV GIRLS
12:30	Varsity BOYS– 110m Hurdles - FINALS	3:20	800m Run - Varsity GIRLS
12:35	JV GIRLS– 100m Dash- FINALS	3:25	800m Run - JV BOYS
12:40	Varsity GIRLS – 100m Dash - FINALS	3:30	800m Run - Varsity BOYS
12:45	JV BOYS – 100m Dash - FINALS	3:35	JV GIRLS – 200m Dash – FINALS
12:50	Varsity BOYS – 100m Dash - FINALS	3:40	Varsity GIRLS - 200m Dash – FINALS
12:55	4 x 200m Relay – JV GIRLS	3:45	JV BOYS - 200m Dash – FINALS
1:00	4 x 200m Relay – Varsity GIRLS	3:50	Varsity BOYS - 200m Dash – FINALS
1:05	4 x 200m Relay –JV BOYS	3:55	3200m Run – Varsity GIRLS
1:10	4 x 200m Relay – Varsity BOYS	4:10	3200m Run – Varsity BOYS
1:15	1600m Run - JV GIRLS	4:25	4 X 400m Relay - JV GIRLS
1:25	1600m Run - Varsity GIRLS	4:30	4 X 400m Relay - Varsity GIRLS
1:35	1600m Run - JV BOYS	4:35	4 X 400m Relay - JV BOYS
1:45	1600m Run - Varsity BOYS	4:40	4 X 400m Relay - Varsity BOYS

