

Class 5 District 1

Saturday, May 14, 2022

Poplar Bluff High School
3209 Oak Grove Rd, Poplar Bluff MO 63901

Meet Director: Kent Keith, Poplar Bluff AD, kentkeith@pb.k12.mo.us

Times:

9:15am	Implement weigh-in football locker room (through 9:00)
10:00am	Coaches' meeting
10:30am	Field Events Begin
11:15am	Final Running Events Begin

Admissions: \$6.00 per person

Awards: Individual medals for top four finishers in each event. Plaques for 1st & 2nd place teams for boys and girls divisions.

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

Surface: 8 lane rubberized track and runways. No tape on surfaces. No spikes longer than 3/16" needled or 1/8" pyramid.

Seeding: Heats/Flights will be seeded by time & distances entered for the District meet.

Meet Entry: Online entry at Mo.milesplit.com

Starting Heights: Will be based on entry heights.

Facilities: Restrooms & Concessions will be available.

Hospitality: Located in the football locker rooms (west) under the stadium

Tent City: Located in the field east of the jump pits

T-shirts: District T-shirts will be available for purchase.

MSHSAA Starters: Ken Cook (head official), Daniel Sprague, Don Harris (fields official)

Games Committee: Ken Cook (Head Official), Fox, Lindbergh, Poplar Bluff, and Jackson

Parking: Spectator parking on the campus. Buses will Park Near the Baseball fields

Drop Off: Buses can drop athletes off in front of the school or stadium.

Work Assignments: A google sheet will be shared with you soon for sign ups and worker assignments.

Gate: Athletes are asked to enter the stadium in uniform, Coaches will be given wrist bands to wear to enter hospitality and the track. Parents/Spectators will NOT be allowed on the track.

Schedule

9:15am	Implement weigh-in football locker room (through 10:00am)
10:00am	Coaches' meeting
10:30am	Field Events Begin
11:15am	Running events Begin

Field Events

10:30 AM	12:30 PM	2:30 PM
Shot Put (B)	Javelin (B)	Discus (B)
Triple Jump (G)	Discus (G)	Shot Put (G)
Pole Vault (G)	Triple Jump (B)	Pole Vault (B)
Javelin (G)	Long Jump (G)	High Jump (G)
High Jump (B)		Long Jump (B)

Running Events

11:15 AM Boys 110m Hurdles Prelim
11:25 Girls 100m Hurdles Prelim
11:35 Boys 100m Dash Prelim
11:45 Girls 100m Dash Prelim
11:55 Boys 4x800m Relay Final (Box Alley Start)
12:10 Girls 4x800m Relay Final (Box Alley Start)
12:25 Boys 200m Dash Prelim
12:30 Girls 200m Dash Prelim
1:00 PM Boys 110m Hurdles Final
1:05 Girls 100m Hurdles Final
1:10 Boys 100m Dash Final
1:15 Girls 100m Dash Final
1:20 Boys 4x200m Relay Final (Heats v. Time)
1:30 Girls 4x200m Relay Final (Heats v. Time)
1:40 Boys 1600m Run Final (Box Alley Start)
1:50 Girls 1600m Run Final (Box Alley Start)
1:55 Boys 4x100m Relay Final (Heats v. Time)
2:05 Girls 4x100m Relay Final (Heats v. Time)
2:15 Boys 400m Dash Final (Heats v. Time)
2:25 Girls 400m Dash Final (Heats v. Time)
2:40 Boys 300m Hurdles Final (Heats v. Time)

2:55 Girls 300m Hurdles Final (Heats v. Time)
3:10 Boys 800m Run Final (Box Alley Start)
3:25 Girls 800m Run Final (Box Alley Start)
3:40 Boys 200m Dash Final
3:45 Girls 200m Dash Final
3:50 Boys 3200m Run Final (Box Alley Start)
4:05 Girls 3200m Run Final (Box Alley Start)
4:20 Boys 4x400m Relay Final (3-Turn Stagger, Heats v. Time)
4:30 Girls 4x400m Relay Final (3-Turn Stagger, Heats v. Time)