

2023 RUSSELLVILLE HIGH SCHOOL OPEN

Meet Date:	Tuesday March 21
Start Time:	Field Events: 3:30 Running Events: 4:15
Teams:	Russellville,...



Entries:	All events will be unlimited entries. To enter your athletes you must enter on mo.milesplit.com by 8:00PM on Monday March 20th. No changes will be made after that time (only scratches). If you have any questions with Milesplit, please email me at slovelace@coler1indians.org or give me a call at (573)645-1212. There is no fee for the meet.	
Javelin:	We will be conducting the Javelin on the infield with a grass approach. We will be starting this at 3:00, so be sure to have your throwers ready when you arrive.	
Coaches Meeting:	3:00 in the storage shed on the north end of the concession stand.	
Spikes:	Up to 1/8" spikes are allowed.	
Parking:	Buses will need to be parked in the parking lot next to the high school.	
Marking:	Please refrain from the use of tape on the track surface, chalk and tennis balls are acceptable.	
Meet Results:	Upon completion of the meet, results will be posted on athletic.net and mo.milesplit.com	
Exchange Zone Judges:	4x100	TBD.
	4x200	TBD.
	800/1600/3200/4x800	TBD.
Timing:	We use F.A.T. timing will be used so we will not tell the results at then end of the race, but will be posted in a timely manner.	
Order of Events:	1st round field events: Girls Shot Put, Boys Discus, Girls Javelin, Girls Pole Vault, Girls Triple Jump, Boys Long Jump, Boys High Jump	
Concessions:	There will be concessions provided on site.	

If you have any questions please contact:
Lucas Branson (Athletic Director) or Sean Lovelace (Head Coach) (573)782-3313