



2023 Mt. Vernon Mountaineer Relays

- Thursday, April 27th, 2023
- Registration will be through MoMileSplit by Wednesday, April 26 (6:00 PM)
- Bus parking will be located on the gravel lot North of the stadium
- Coaches Meeting: 3:45 in the Field House (South end of the Stadium)
- Girls Javelin will begin @ 3:15 (West of the Fieldhouse), boys will follow
- ***New this year*** - Boys Pole Vault will begin at 3:15, girls will follow
- Field Events @ 4:15 sharp
- Running Events @ 4:30
- 2 individuals per event/1 Relay team
- Slow heats first
- *Electronic Timing Provided by Chris Essick - Ozark Racing Systems*
- Scoring System: 10-8-6-5-4-3-2-1
- Entry Fee: \$180 combined for Boys and Girls, or \$90 for single team, \$10/ athlete
- Additional non-scoring runners permitted in 1600 and 3200
- Throwers Relay will be the final event... Please plan on entering a team if possible

Please send payment to ... Mt. Vernon R-5 School District
Attn: Mountaineer Relays
731 S. Landrum St.
Mt. Vernon, MO 65712

- Please RSVP via email so we know you will be attending.
- School Phone: 417-466-7526

Ethan Trokey --- Boys Coach 417-366-0124 trokeyethan@mtvernon.k12.mo.us

Michelle Rust--- Girls Coach 417-316-0375 rustm@mtvernon.k12.mo.us

Jim Kleine--- Track Assistant 417-366-0273 kleinejim@mtvernon.k12.mo.us

Chris Johnston – Athletic Director 417-316-0064 johnstonchris@mtvernon.k12.mo.us

Schedule of Events

Javelin (girls)/Pole Vault (boys) --- 3:15

Coaches Meeting --- 3:45 (Fieldhouse)

Field Events --- 4:15

4 attempts in Field Events

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

Starter: Brian Moler

Field Events: Chris Essick

4:15 Field Events

Boys - Discus, Long Jump

Girls - Shot Put, Triple Jump, High Jump

5:30 Field Events

Boys - Shot Put, Triple Jump, High Jump

Girls - Discus, Long Jump

Exchange Zones

4x200 - black to black / yellow to yellow

1.

2.

4x100 - Yellow to yellow all the way around

1.

2.

3.

Appeals Committee:

Starting Heights:

Girls High Jump:

Girls Pole Vault:

Boys High Jump:

Boys Pole Vault: