



## Ozark Highlands Conference Track Meet



Thursday May 1st, 2025

- Site:** Versailles High School
- Entry Process:** All coaches can enter their athletes on MoMile
- Entries:** Coaches can manage their entries until 10:00 am on Thursday, May 1st.
- Scratches/Changes:**
- Spike Policy:** 1/8" pyramid spikes or smaller.
- Entry Limits:** Running and Field Events will have 3 entries per team--1 relay per team.
- Event Seeding:** To ensure a quality meet and appropriate heat placement, please enter your athletes at their **"actual"** best mark, not their goal mark.
- Coaches Meeting:** Coaches meeting will be at 3:30pm in the Sports Complex. (Behind Grandstands)
- Bullpen:** The Bullpen will be located at the northwest end of the track.
- Scoring Procedure:** Scoring will be 10, 8, 6, 4, 2, 1 for all events except relays which will be 10, 8, 6, 4, 2.
- Awards:** Coaches can pick up awards at the conclusion of the meet in the press box. 1st place team for each gender will receive conference championship plaques. Medals will be awarded to the top three finishers in each event.
- Results:** Will be posted on MoMile by Friday at 12:00 pm.
- Field Events:** Athletes in Horizontal Field Events will each get 4 throws or jumps.
- Concessions:** Concessions will be available for purchase.
- Infield:** We ask that only coaches and athletes warming up for events be on the infield. All athletes not warming up will be asked to return to the bleachers.

**Field Events 4:00 pm 1 hour each Horizontal Event (15 min warmup/45 min)**

MS Girl's Disc/MS Boy's Disc/HS Boy's Disc/HS Girl's Disc  
HS Boys Shot/HS Girls Shot/MS Girl's Shot/MS Boy's Shot  
HS Girl's HJ/HS Boy's HJ/MS Girl's HJ/MS Boy's HJ  
MS Boy's TJ/MS Girl's TJ/HS Boy's TJ/HS Girl's TJ  
HS Girl's LJ/HS Boy's LJ/MS Girl's LJ/MS Boy's LJ  
HS Boy's PV/HS Girl's PV/MS Boy's PV/MS Girl's PV  
HS Girls Javelin/HS Boys Javelin

**Running Events 4:30 pm (Rolling Schedule)**

MS 4x800m Relay (Combined)

HS 4x800m Relay (Combined)

MS Girl's 100m H

MS Boy's 110m H

HS Girls 100m H

HS Boys 110m H

MS 100m Dash

HS 100m Dash

MS 4x200m Relay

HS 4x200m Relay

MS 1600m Run

HS 1600m Run

MS 4x100m Relay

**Order of Events** HS 4x100m Relay

MS 400m Dash

HS 400m Dash

HS 300m H

MS 800m Run

HS 800m Run

MS 200m Dash

HS 200m Dash

HS 3200m Run

MS 4x400m Relay

HS 4x400m Relay

**Exchange Zone Judges:**

**4x100:**

1st Exchange-ELDO  
2nd Exchange-Warsaw  
3rd Exchange-Butler

**4x200:**

1st and 3rd Exchange-  
Adrian  
2nd Exchange-Sherwood/Starter