



2025 Mt. Vernon Mountaineer Relays

- Thursday, April 10th, 2025
- Registration will be through MoMileSplit by Tuesday April 8th @ 6pm
- Bus parking will be located on the gravel lot North of the stadium
- Coaches Meeting: 1:45 in the Field House (South end of the Stadium)
- Concussion stands will be open but not after school ends as we typically have student workers. 3:30-4.
- Girls Javelin will begin @ 2:00 (West of the Fieldhouse), boys will follow
- Field Events @ 2:00 pm sharp
- Running Events @ 4:15 pm
- 3 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: \$200 combined for Boys and Girls, or \$100 for single team, \$25/ athlete
- 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. This meet registration requires a password.

Jeff Piepenbrink--- Head Coach 417-772-8060 piepenbrinkjeff@mtvernon.k12.mo.us

Schedule of Events

Coaches Meeting --- 1:45 (Fieldhouse)

Field Events --- 2:00

4 attempts in Throws and Horizontal Jumps, Cafeteria Style 1:30 Hr Limit

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

2:00 Field Events

Boys - High Jump, Triple Jump, Javelin, Shot Put

Girls - Pole Vault, Long Jump, Discus

4:15 Running Events

4x800m Relay (Start at 4:00pm)

110m Hurdles / 100m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

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: