


# 2025 Russellville High School Open

<b>Meet Date:</b>	Thursday March 27	
<b>Start Time:</b>	Field Events: 3:30 Running Events: 4:30	
<b>Teams:</b>	Russellville...	
<b>Timing:</b>	All running events will be F.A.T. timed. Timing of the meet will be done by MoFastTiming ( <a href="https://www.mofasttiming.com/">https://www.mofasttiming.com/</a> ). We are excited to have their help and expertise for this meet!	
<b>Entries:</b>	All events will be unlimited entries. To enter your athletes you must enter on <a href="https://www.mo.milesplit.com">mo.milesplit.com</a> by 10:00PM on Thursday March 26th. No changes will be made after that time (only scratches). If you have any questions with Milesplit, please email me at <a href="mailto:trulo@coler1indians.org">trulo@coler1indians.org</a> or <a href="mailto:mofasttiming@gmail.com">mofasttiming@gmail.com</a> or give me a call 314.210.0209.	
<b>Fees:</b>	For our open meet we will have the following fees: \$60/gender or \$120/school If less than 12 athletes - \$10/athlete There will be NO admission/gate fees for our open meet	
<b>Javelin:</b>	We will be conducting the Javelin on the infield with a grass approach.	
<b>Coaches Meeting:</b>	A scratches only coaches meeting will be held at 3:00 in the storage shed on the north end of the concession stand.	
<b>Spikes:</b>	Up to 1/8" spikes are allowed.	
<b>Parking:</b>	Buses will need to be parked in the parking lot next to the high school.	
<b>Marking:</b>	Please refrain from the use of tape on the track surface, chalk and tennis balls are acceptable.	
<b>Meet Results:</b>	Upon completion of the meet, results will be posted on <a href="https://athletic.net">athletic.net</a> and <a href="https://www.mo.milesplit.com">mo.milesplit.com</a>	
<b>General Information:</b>	<ul style="list-style-type: none"> <li>- All participants should be in proper uniform according to MSHSAA rules. Each school is responsible for the conduct of their athletes.</li> <li>- Jumps and throws will be determined by the best mark out of 3 attempts.</li> <li>- No spectators inside the fenced area of the track or on the football field.</li> <li>- Concessions will be available on the south end of the concession stand.</li> </ul>	
<b>Exchange Zone Judges:</b>	4x100 #1 - #2 - #3 4x200 #1 - #3 800/1600/3200/4x800	Will be decided at the coaches meeting
<b>Order of Events:</b>	1st round field events: Girls Shot Put (Cafeteria Style 1.5 hours), Boys Discus (In Flights), Girls Javelin, Girls Pole Vault, Girls Triple Jump, Boys Long Jump, Boys High Jump  * Long Jump/Triple Jump will be run cafeteria style with a 1.5 hour time limit * * Opening heights for the high jump and pole vault will be determined at the coaches meeting *	
If you have any questions please contact: Lucas Branson (Athletic Director) or Tim Rulo (Head Coach) 314.210.0209		