



2025 Kirkville Middle School Relays

Track and Field

Wednesday, May 7, 2025

Brian Mayer – MS Head Coach

Location: Spainhower Field, Kirkville, MO

Schedule of Events

1:30 - Coaches Meeting in the Press Box (second floor): scratches only, no changes

2:00 – Field Events

Shot Put – Girls followed by boys

Discus – Boys followed by girls

Long Jump – Girls followed by boys

Triple Jump – Boys followed by girls

Pole Vault – Girls followed by boys

High Jump – Boys Followed by girls

4:00 – Running Events

4x800 Relay – G/B

100m HH – G/B

100m Dash – G/B

4x200 Relay – G/B

1600m Run – G/B

4x100 Relay – G/B

400m Dash – G/B

800m Run – G/B

200m Dash – G/B

4x400m Relay – G/B



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Entries: Entries must be submitted online through MO MileSplit.

Entries due by 8:00 a.m. Tuesday, May 6, 2025.

Entry fee is \$150.

Entries: 4 athletes per individual running event, 4 athletes per field event, 2 teams per relay event. 2 athletes can score per team in running and field events. 1 relay team may score.

Field Events

Throws will have scratch lines. Athletes will get their first legal throw measured regardless of distance.

Implements will be pooled.

Athletes switching between events need to check out before leaving and have 30 min to return.

Three jumps and **three** throws, no finals.

The throwing areas for shot/disc are concrete.

No tape on runways, please.

Running Events

Athletes should check in on the field to get their lane assignments and numbers.

Starting blocks will be provided.

Spikes should be $\frac{1}{8}$ needle or pyramid or $\frac{3}{16}$ needle max.

Please keep athletes away from the timing and finish line area.

Other

Only athletes in school uniform, coaches and workers will be allowed in the track area.

Warm ups should be done in lane 4-8 on the backside of the track.

Tents may be placed on the south and west side of the track.

Schools are responsible for managing valuables—make sure implements, etc. are clearly marked.

Drop off athletes at the stadium, then buses will park around the block on Jamison Street at the baseball/softball lot. Once school has been dismissed buses are welcome to come back to the HS lot.