

East Mississippi Middle School Championship

Meridian High School - Ray Stadium

Tuesday - March 31, 2026

2:30pm

Coaches Meeting

3:00pm

Field Events Start

Important Notes:

- ★ Entry Fee: \$150.00 per school
 - \$75.00 per gender
- ★ Please park your buses between the West side of the stadium and the upper practice field.
- ★ Due to the limited parking spaces, buses will only be allowed to park in the designated area.
- ★ Warm - ups will be on the band practice field behind the West Side of the stadium.
- ★ Only coaches will be allowed on the East side of the Stadium.
- ★ NO coaches or players will be allowed on the field, in the check in area or near the scorer's tent.
- ★ DO NOT use the gates at the bottom of the stadium that border the track for any reason before or during the track meet.
- ★ The Check in tent will be at the South end of the track near the Field House.
- ★ Athletes will exit the track at the North end behind the Scoreboard.
- ★ No one will be allowed on the turf. Warm ups will take place behind the stadiums on the upper practice field.

Field Events Order

<i>Time of Events</i>	<i>Long Jump</i>	<i>High Jump</i>	<i>Triple Jump</i>	<i>Shot Put</i>	<i>Discus Throw</i>	<i>Pole Vault</i>
3:00pm	<i>Boys</i>	<i>Girls</i>		<i>Boys</i>	<i>Girls</i>	
3:30pm	<i>Girls</i>	<i>Boys</i>		<i>Girls</i>	<i>Boys</i>	
4:00pm			<i>Boys-Girls</i>			<i>Boys-Girls</i>

3:00pm **Field Events & 4x800 Meter Relay**

3200m (Girls)

100mh/110mh

100m

4x200 Meter Relay

1600m Run

4x100 Meter Relay

400m

300mh

800m

200m

3200m (Boys)

4x400 Meter Relay

Important Notes:

- ★ Entry Fee - \$75.00. per team (\$150.00 per school)
- ★ Entries Deadline - March 29, 2026 at Noon
- ★ Each competitor shall receive 4 preliminary trials in each Field Event.
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- ★ Track & Field Senior Ceremony will begin at 6pm