

Preliminary Meets Schedule



Time

- 7:00 AM **Event Setup**
- 8:00 AM **Organizational Meeting for Coaches**
- 8:30 AM **Field Events open for warm-ups**
- 8:50 AM **Welcome, Opening prayer & National Anthem**

Running Events		Age Groups	
		Girls compete first unless noted	
9:00 AM	1600 Meter Run	8-9, 10-11, 12-13, 14-15	
10:00 AM	100 Meter Dash	7U, 8-9, 10-11, 12-13, 14-15	
11:00 AM	400 Meter Relay (4 X 100)	8-9, 10-11, 12-13, 14-15	
12:30 PM	400 Meter Dash	8-9, 10-11, 12-13, 14-15	
1:30 PM	50 Meter Dash	7U	
2:00 PM	800 Meter Relay (4 x 200)	8-9, 10-11, 12-13, 14-15	
3:00 PM	800 Meter Run	8-9, 10-11, 12-13, 14-15	
4:00 PM	200 Meter Dash	7U, 8-9, 10-11, 12-13, 14-15	
5:00 PM	1600 Meter Relay (4 x 400)	8-9, 10-11, 12-13, 14-15	

Field Events		Age Groups	
9:00 AM	Standing Long Jump	7U, 8-9	Girls & Boys same time
9:00 AM	Shot Put	10-11	Girls compete first
9:00 AM	High Jump	10-11	Girls compete first
9:00 AM	Running Long Jump	14-15	Girls compete first
10:00 AM	Shot Put	12-13	Girls compete first
11:00 AM	Shot Put	14-15	Girls compete first
11:00 AM	Running Long Jump	10-11	Girls compete first
11:00 AM	High Jump	12-13	Girls compete first
1:00 PM	Running Long Jump	12-13	Girls compete first
1:00 PM	High Jump	14-15	Girls compete first
		7U	Girls & Boys same time
	Softball Throw-immediately following 7U 100 meter dash		
	Softball Throw-immediately following 8-9 4x100 meter relay	8-9	Girls & Boys same time

Results are updated through out the day on <http://mo.milesplit.com>

*Every effort is made to run the meet smoothly and on schedule. If the meet runs ahead of schedule, it will be allowed to continue to run ahead of schedule, up to one hour ahead of the times stated in the event schedule shown above. Participants should be at the track, ready to participate, a minimum of one hour prior to the scheduled start of their event. Participants who miss the start of their event will be scratched from the event. **They will not be allowed to run with another age group***