

Home of the Indians

School of the Osage

Clint Hague, A. D.

573-348-0115 • FAX: 573-348-9774
636 HWY 42 • OSAGE BEACH, MO 65065

OSAGE TRACK AND FIELD INVITATIONAL

April 16, 2019

Osage Indians Head Boys Track Coach
Osage Indians Head Girls Track Coach

Devin Johnson
Miriam Hill

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Participating Schools: Boonville, California, Centralia, Cole Camp, Eldon, Fulton, Hallsville, Mexico, Otterville, St. James, Versailles

Locker Rooms: For Osage Athletes only

Scoring: This will be a non-scoring meet (no team points kept)

Entry Fee: Meet is \$85.00 for each Boys team and \$85.00 for each Girls team - \$170.00 total

Awards: Medals will be awarded for the top four places in all events including relay events

Meet Entries: All entries will be made online using www.trxctiming.com.

Entries are due by **Monday, April 15 at 5:00 pm** – [Online Entry Form](#)

You are allowed two entries in individual events and one team in relay events.

Coaches please use "Varsity" for your Athletes Division

Scratches/Changes: Coaches can manage their entries until Tuesday, April 16 at 9:00 am –
[Scratches/Changes](#)

Performance List: [Performance List](#)

Heat/Flight Sheets: [Heat/Flight Sheets](#)

3:45 p.m. Coaches Meeting: Exchange judges and games committee assigned at this time

4:00 p.m. Field Events

Boys High Jump followed by Girls
Girls Shot Put followed by Boys
Boys Discus followed by Girls
Girls Pole Vault followed by Boys
Girls Triple Jump followed by Girls Long Jump
Boys Long Jump followed by Boys Triple Jump
Boys Javelin followed by Girls Javelin

4:30 p.m. Running Events

- Boys run first
- No preliminaries; all heats against time

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- **All runners should report to the bullpen when called**
- **No spikes in bleachers**
- **No tape on track or runway**
- **3/16 or smaller pyramid spikes only; no needles**

Starter: Dave Carlson, Columbia, MO

Order of Events

4x800	Relay
100/110	Hurdles
100	Dash
4x200	Relay
1600	Run
4x100	Relay
400	Dash
300	Hurdles
800	Run
200	Dash
3200	Run
4x400	Relay