



# MISSOURI MIDDLE SCHOOL TRACK & FIELD CHAMPIONSHIPS

April 27<sup>th</sup>, 2024

**9:30 AM** Coaches Meeting @ the check-in tent on the infield

## Field Events

10:00 AM Girls Shot Put – followed by Boys Shot Put *\*upper field behind stands*  
10:00 AM Girls Pole Vault – followed by Boys Pole Vault *\*infield on raised runway*  
10:00 AM Boys High Jump – followed by Girls High Jump  
10:00 AM Boys Discus – followed by Girls Discus *\*upper field behind stands*  
10:00 AM Girls Long Jump – followed by Girls Triple Jump *\*upper field behind stands*  
10:00 AM Boys Long Jump – followed by Boys Triple Jump *\*upper field behind stands*

## Running Events – (Rolling Schedule)

10:00 AM Girls 4x800 meter relay  
10:15 AM Boys 4x800 meter relay  
10:30 AM Girls 100 meter hurdles  
Boys 100 meter hurdle  
Girls 100 meter dash  
Boys 100 meter dash  
Girls 4x200 meter relay  
Boys 4x200 meter relay  
Girls 1600 meter run  
Boys 1600 meter run  
Girls 4x100 meter relay  
Boys 4x100 meter relay  
Girls 400 meter dash  
Boys 400 meter dash  
Girls 800 meter run  
Boys 800 meter run  
Girls 200 meter dash  
Boys 200 meter dash  
Girls 4x400 meter relay  
Boys 4x400 meter relay

***\*Athletes will be seeded based on time/mark regardless of division. We will separate athletes out for scoring/overall placement for divisions. This will allow for the most competitive meet for everyone.***