



Ozark Conference Meet

May 3rd, 2023



Location: JFK Stadium, 1350 S. Grant Street, Springfield, MO

Admission: \$2 for all admissions, SPS Passes accepted

Time Schedule: Field Events – 10:00

Varsity Field Events – 3 Jumps/Throws in Prelims – Top 9 Advance to finals, 3 additional jumps/throws

JV Field Events – 4 Jumps/Throws – No Finals

Running Events – 11:00

Standard running event order. Girl’s events will be run before boy’s events. JV events will be contested before Varsity events. JV division of the 3200m will be run at 11:00. JV and V 3200m Relay will begin at 12:00

Running Event Finals		
Time	Division	Event
11:00:00 AM	JVG	3200 m Run
	JVB	3200 m Run

Standard Running Event Order. Divisions run in this order (JVG, VG, JVB, VB)		
Time	Division	Event
12:00:00 PM		4x800 Relay
		100 m Hurdle
		110 m Hurdle
		100 m Dash
		4x200 m Relay
		1600 m Run
		4x100m Relay
		400 m Dash
		300 m Hurdles
		800 m Run
		200 m Dash
	VG/VB	3200 m Run
		4 x 400 m Relay

Coach’s Meeting: 9:15 in the hospitality room.

Entries: Entries must be submitted by 9:00 am on Tuesday, May 2nd, 2023 via Mo.Milesplit.com.

Entry Limit: Varsity: 2 athletes and 1 relay team per event.

JV: 3 athletes and 1 relay team per event.

Any athlete competing in an individual Varsity event is ineligible from participating in any JV event. An athlete competing in only relays at the Varsity level is allowed to compete in JV individual events.

Changes/Scratches: Coaches can make scratches only at the Coach's Meeting.

Entry Fee: No Entry Fee

Meet Administration:

Field Events:

Springfield Public Schools Middle School coaches will be providing field event judges for each field event. Schools attending the meet will not need to provide field event judges this year. However, we do ask that each school provide 2 student workers (injured or non competing athletes) to help mark and rake at field events, move hurdles, and serve as runners.

Exchange Zone Judges:

Exchange Zone Flags will be at the exchange zone. Reminder that the exchange zone is now 30 m long for the 4x100m and 4x200m Relays. The new track is marked with large triangles at the beginning and end of the exchange zones.

4x200 Relay

1st/3rd – Lebanon/Rolla

4x100 Relay

1st – Camdenton/Central

2nd – West Plains/Waynesville

3rd – Hillcrest/Glendale

Hospitality Room: A hospitality room will be provided this year. Lunch will begin at 12:00 in the upper locker room.

Tents: Tents only in the area in the grass to the northeast of the stands by the locker room building.

Locker Rooms: Locker Rooms are not available. Please ask athletes to refrain from entering locker rooms. Restrooms are available behind the stands and on the backstretch of the track.

Spikes/Equipment: Up to 3/16" Pyramid Spikes only. Violators will be disqualified. No spikes in the bleachers. Each athlete is responsible for their own equipment.

Blocks will be provided. Athletes are responsible for their own block holders.

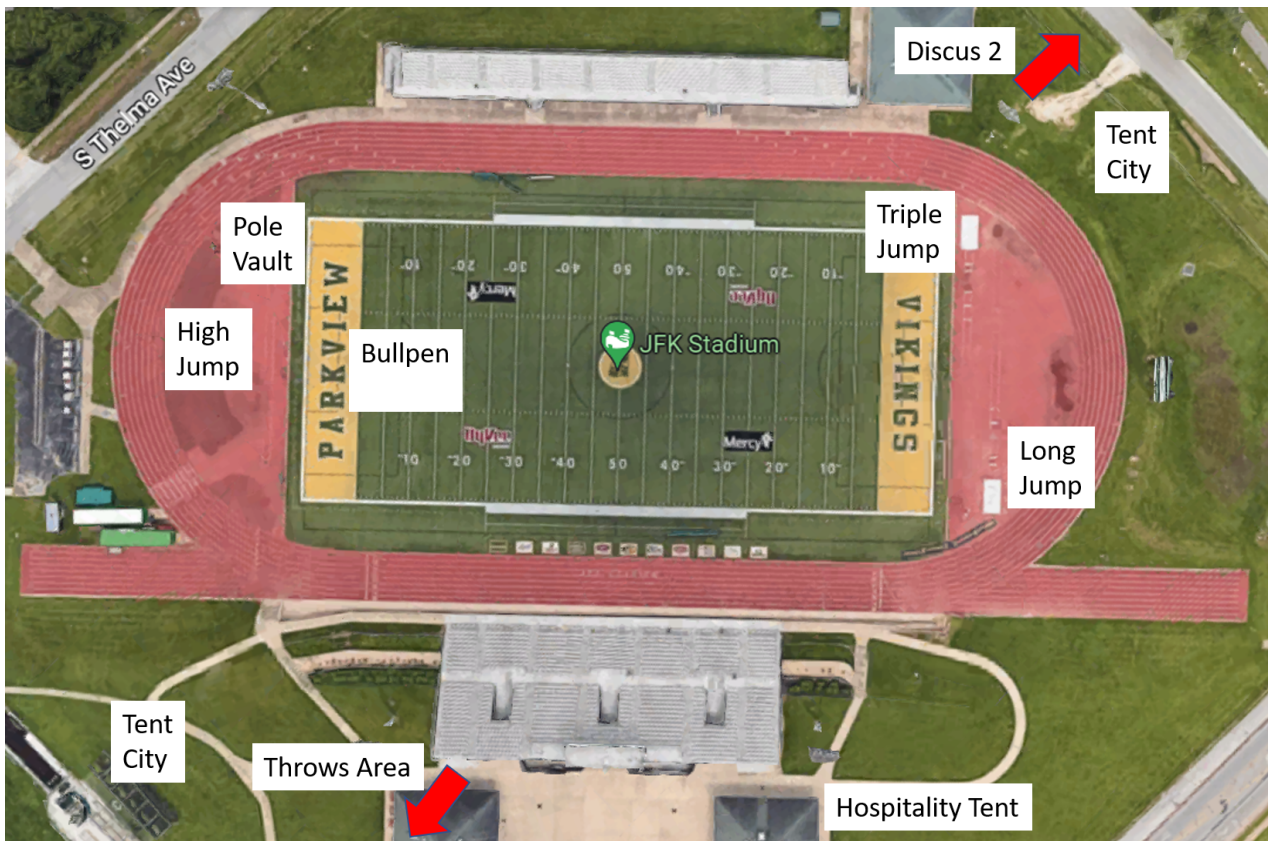
Implements will not be weighed and measured.

- Bullpen:** All events will bullpen on the field near the endzone on the high jump/pole vault side of the field.
- Markings:** Chalk and tennis balls can be used for marking purposes. Tape can't be used at any time.
- Scoring/Awards:** Medals will be awarded to the top 6 in each Varsity Event. Points will be awarded to the top 8 competitors or relay teams in each event.
- Medals are awarded to the top 3 in each JV Event. Points will be awarded to the top 8 competitors or relay teams in each event.
- Results:** Results will be posted behind the stands. Results will be submitted to MoMileSplit.com and will be added to the MSHSAA Performance List. Results will also be e-mailed to all coaches that evening or the next morning.
- Spectator Area:** All spectators should view running events and jumping events from the stands. Throwing events can be viewed at the throwing areas outside the stadium. Spectators should walk outside the track to access those areas.
- Concessions:** Concessions will be sold behind the stands.
- Parking:** Bus Parking along the fence at the back of the JFK Parking Lot
- For Information:** Contact Jay Miller, jmiller3@spsmail.org, 417 523-9381 (work), 417 894-6455 (cell)

Field Event Schedule by Time Slot:

Field Events by Time				
Event Group	Event Type	Division	Event	Location
1	Final - 4 Throw	JVB	Discus	Discus 2
1	Final	VG	High Jump	
1	Prelim / Final	VB	Javelin	
1	Final - 4 Jump	JVG	Long Jump	
1	Final	JVB	Pole Vault	
1	Final	JVG	Pole Vault	
1	Prelim / Final	VG	Shot Put	
1	Final - 4 Jump	JVB	Triple Jump	
2	Final - 4 Throw	JVG	Discus	Discus 2
2	Final	VB	High Jump	
2	Prelim / Final	VG	Javelin	
2	Final - 4 Jump	JVB	Long Jump	
2	Prelim / Final	VB	Shot Put	
2	Prelim / Final	VG	Triple Jump	
3	Final	JVG	High Jump	
3	Final - 4 Throw	JVB	Javelin	
3	Prelim / Final	VG	Long Jump	
3	Final	VB	Pole Vault	
3	Final - 4 Throw	JVG	Shot Put	
3	Prelim / Final	VB	Triple Jump	
4	Final	JVB	High Jump	
4	Final - 4 Throw	JVG	Javelin	
4	Prelim / Final	VB	Long Jump	
4	Final	VG	Pole Vault	
4	Final - 4 Throw	JVB	Shot Put	
4	Final - 4 Jump	JVG	Triple Jump	
5	Prelim / Final	VG	Discus	Discus 2 unless Javelin is complete
6	Prelim / Final	VB	Discus	Discus 2 unless Javelin is complete

Map of the Facility:





Discus 1

Shot Put

Javelin