

2024 JH Warrior Relays

- Date:** Thursday April 4th, 2024
- Site:** Wayne & Doris Guess Athletic Complex- Albany, MO
- Entry Fee:** \$100 per school. Schools with 8 or less athletes may pay \$10 per athlete.
- Entries:** <https://mo.milesplit.com/meets/598369-warrior-jh-relays-2024>
- Entry Deadline 12:00 PM Wednesday 4/3/24
 - Scratch @ coaches meeting 2:00 PM on the 2nd floor of the press box.
- Admission:** \$4.00 – adults, \$3.00 – student, and \$2.00 – senior citizens.
- Scoring:** 10-8-6-5-4-3-2-1
- Surface:** Track, runways, and the high jump pad are made of polyurethane rubber, only 1/8 pyramid spikes are allowed. No tape on the track, runways, or high jump pad.
- Awards:** Medals will be awarded for the top three places in individual events and the top three relay teams.
- Buses:** Please have your buses park on the north or south side of the parking lot.
- Meeting:** Scratch meeting at 2:00 PM on the 2nd floor of the press box. Schools will be assigned a field event and or exchange zones.

General Notes:

- Each team will furnish its own poles, shot, discuss and batons.
- Please use chalk instead of tape for marking.
- Shot and discus will be flighted at sign-in.
- Each school can have 2 entries in each individual event and one entry per relay
- Running event participants must report to the clerk at the northwest corner of the track.
- Starting blocks will be furnished.
- There will be a concession stand.
- Please remind your athletes to stay off the football field when not in an event.
- No dressing facilities are available for the athletes.
- The team communities are to be located in the bleachers or north of the track.
- Coaches: Medals will be given out at the bottom of the press box steps at the conclusion of the meet. Do not enter the 3rd floor of the press box.

Participating Schools: Albany, Braymer, East Harrison, Gilman City, King City, Maysville, Mercer, North Harrison, Osborn/ Stewartville, Pattonsburg, Platte Valley, South Harrison, St. Gregory, Stanberry, Trenton, Tri-County, Union Star, Winston, Worth County

JH Warrior Relays

Order of Events

Coaches Meeting: 2:00 PM- Sharp. Scratches only.

Field Events: 2:30 PM

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

Track Events: Estimated start time, 4:00 PM

Girls followed by boys, unless otherwise noted.

- 100m Hurdles (Girls) Finals
- 100m High Hurdles (Boys) Finals
- 100m Dash Finals
- 4x200 Relay Finals
- 1600m Run Finals
- 4x100 Relay Finals
- 400m Dash Finals
- 800m Run Finals
- 200m Dash Finals
- 4x400 Relay Finals