



MC High School  
Panther Relays  
April 26, 2024  
Schedule of Events

## Coaches Meeting at 3:00

North end of the track by water tower. No additions or substitutions.

## Field Events Starting at 3:30

Pole Vault Boys/Girls (All-Weather Runway)  
Shot Put Girls/Boys (Cement Surface)  
Discus Boys/Girls (Cement Surface)  
High Jump Boys/Girls (All-Weather Surface)  
Long Jump (S Pit West Runway) Boys/Girls (All-Weather Runway)  
Triple Jump (N Pit East Runway) Girls/Boys (All-Weather Runway)  
Javelin Girls/Boys (All-Weather Runway)

## Running Events Starting at 5:00

All running events will be girls followed by boys

4 x 800 Relay  
100m High Hurdles  
110m High Hurdles  
100 Dash  
4 x 200 Relay  
1600 Run  
4 x 100 Relay  
400 Dash  
300m L Hurdles (30")  
300m I Hurdles (36")  
800 Run  
200 Dash  
3200 Run  
4 x 400 Relay

Participating Schools: DeKalb, East Atchison, South Holt, North Nodaway, Nodaway Valley,  
Northeast Nodaway, Rock Port, Stanberry, Tri-County, Worth County, OSHS, Gallatin,  
Platte Valley, and Mound City