2025 JH Warrior Relays

**Date**: Thursday April 10th, 2025

**Site**: Wayne & Doris Guess Athletic Complex- Albany, MO

**Entry Fee:** $100 per school. Schools with 6 or less athletes may pay $10 per athlete.

**Entries**: <https://mo.milesplit.com/meets/669270-albany-jh-invite-2025>

* Entry Deadline 12:00 PM Wednesday 4/9/25
* Scratch @ coaches meeting 2:00 PM on the 2nd floor of the press box.

**Admission:** $5.00 – 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, East Harrison, Gilman City, King City, Maysville, Mercer, North Harrison, North Daviess, Osborn/ Stewartsville, 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** (3 Jumps, 3 Throws)

* 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