

Mound City Junior High Quad Meet
Mound City, Mo.
Tuesday, April 8th, 2025

**Participating Schools: Nodaway Valley, Platte Valley, East Atchison, Mound City,
Craig**

3:30 PM Coaches' Meeting. No additions or substitutions.

Field Events – 4 throws or jumps

4:00 PM Shot put – Girls followed by boys (Nodaway Valley)
Discus- Boys followed by girls (Mound City)
Triple Jump- Boys followed by girls (East Atchison)
Long Jump- Girls followed by boys (Craig)
High Jump- Girls followed by boys (Platte Valley)
Pole Vault- Boys followed by girls (Chandler Wilson)

Track Events – girls followed by boys

5:00 PM	100m Hurdles (girls)	Finals
	100m Hurdles (boys)	Finals
	100m Dash (girls)	Finals
	100m Dash (boys)	Finals
	4 X 200m Relay(girls)	Finals
	4 X 200m Relay (boys)	Finals
	1600m Run (girls)	Finals
	1600m Run (boys)	Finals
	4 X 100m Relay (girls)	Finals
	4 X 100m Relay (boys)	Finals
	400m Dash (girls)	Finals
	400m Dash (boys)	Finals
	800m Run (girls)	Finals
	800 M Run (boys)	Finals
	200m Dash (girls)	Finals
	200m Dash (boys)	Finals
	4 X 400m Relay (girls)	Finals
	4 X 400m Relay (boys)	Finals