



EARLY BIRD TIGER RELAYS

WORTH COUNTY HIGH SCHOOL, GRANT CITY, MO
THURSDAY, MARCH 26, 2026

3:00 PM COACHES' MEETING

All teams please be present at 3:00, this meeting will be for scratches only, no substitutions or additions.

FIELD EVENTS - (4 THROWS, 4 JUMPS)

3:30 PM Javelin- Girls followed by Boys (grass runway) G-20m, B-25m
 Shot Put- Girls followed by Boys (cement surface) G-6m, B 8m
 Discus- Boys followed by Girls (cement surface) G- 20m, B 25m
 High Jump- Boys followed by Girls (all-weather surface)
 G- 1.3 (4'3) B- 1.5 (4/11)
 Pole Vault- Girls followed by Boys (all-weather runway)
 G- 1.85 (6'), B- 2.45 (8')
 Triple Jump- Girls followed by Boys (all-weather runway)
 Long Jump- Boys followed by Girls (all-weather runway)

TRACK EVENTS

(All events are girls followed by boys, unless otherwise noted)

3:45	3200m Run	Finals
4:30	4x800 Relay	Finals
5:00	100m Hurdles (Girls)	Finals
	110m High Hurdles (Boys)	Finals
	100 m Dash	Finals
	4x200 Relay	Finals
	1600 m Run	Finals
	4x100 Relay	Finals
	400m Dash	Finals
	300m Low Hurdles (Girls)	Finals
	300m Int. Hurdles (Boys)	Finals
	800m Run	Finals
	200m Dash	Finals
	4x400 Relay	Finals

PARTICIPATING SCHOOLS

Albany, Bedford, Craig, Gilman City, King City, East Atchison, East Harrison, North Andrew, North Harrison, Northeast Nodaway, North Nodaway, Mercer, Platte Valley, Pattonsburg, South Harrison, Stanberry, Tri-County, Union Star, Nodaway Valley, Winston, Worth County

***WE WOULD LIKE FOR ONLY ATHELETES AND WORKERS TO BE INSIDE THE FENCE. PARENTS & COACHES PLEASE WATCH FROM THE STANDS OR OUTSIDE OF THE FENCE. Thanks for helping stop confusion and assisting in keeping the track meet running smoothly!**