

## Putnam County JH Relays 2023

**Date:** Thursday, April 13, 2023

**Site:** Putnam County High School- Unionville, MO

**Entries:** Meet-Entries Close: 4/12 at noon <https://mo.milesplit.com/login>

**Admission:** \$4.00 – adults, \$2.00 – senior citizens, and \$3.00 – student

**Entry Fee:** \$100/ school or \$50/ team

**Return entry fee to:** Putnam County R-I Schools, attn.: Jeremy Watt  
803 S 20th St  
Unionville, MO 63565

**Scoring:** 10-8-6-5-4-3-2-1

**Surface:** We have an all-weather track; only 1/8 pyramid spikes are allowed.

**Awards:** Medals will be awarded for the first three places in individual events and the top three relay teams. Plaques will be awarded to the 1<sup>st</sup> place teams for boys and girls. The top 8 places will be scored.

**Hospitality:** There will be a hospitality room for coaches and workers in the white stadium building north side of the track.

**Buses:** Please have your buses park south of the school building.

**Meeting:** Scratch meeting at 2:00 pm in the white stadium building north of the track. Teams include: Brookfield, Chillicothe, Clark County A/B, Davis Co. (7th Girls & 8th Girls), Green City, Kirksville, Milan A/B, Schuyler Co., Scotland Co., & Putnam Co.

**Coaches Meeting at 2:00pm - Field events start at 2:30pm – Running events at 4:00pm**

### 2:30 p.m.

1<sup>st</sup> boys' high jump (Quint 2pm)  
2<sup>nd</sup> girls' high jump  
1<sup>st</sup> girls' pole vault (Brummer)  
2<sup>nd</sup> boys' pole vault  
1<sup>st</sup> boys' triple jump (Halley)  
2<sup>nd</sup> girls' triple jump

### 2:30 p.m.

1<sup>st</sup> girls' long jump (Sivetts/Tennill 2 pm)  
2<sup>nd</sup> boys' long jump  
1<sup>st</sup> girls' discus (Stiles)  
2<sup>nd</sup> boys' discus  
1<sup>st</sup> boys' shot put (Huse 2 pm)  
2<sup>nd</sup> girls' shot put

### **Exchange zone judges:**

<u>Race</u>	<u>1<sup>st</sup> Exchange</u>	<u>2<sup>nd</sup> Exchange</u>	<u>3<sup>rd</sup> Exchange</u>
4x 200	Green City	Putnam	Green City
4 x100	Clark	Milan	Schuyler
Throwers Relay	Clark	Milan	Schuyler
Sprint Medley	Chillicothe	Kirksville	Scotland

**Running Events start  
at 4:00 p.m.**

Girls/Boys 4 x 800

Girls' 100 mh (low)

Boys' 100 mh (up one notch)

Girls' 100 m sprint

Boys' 100 m sprint

Girls' 4 x 200 m relay

Boys' 4 x 200 m relay

Girls' 1600 m run

Boys' 1600 m run

Girls' 4 x 100 m relay

Boys' 4 x 100 m relay

Throwers' Relay 4 x 100

Girls' 400 m sprint

Boys' 400 m sprint

Girls' 800 m sprint

Boys' 800 m sprint

Girls' sprint medley 1-1-2-4

Boys' sprint medley 1-1-2-4

Girls' 200 m run

Boys' 200 m run

Girls' 4 x 400 m relay

Boys' 4 x 400 m relay

## **Participation Limitations**

- You may enter 3 in all field events except high jump
- You may enter 2 in the high jump
- You may enter 2 in all individual running events except 800m – 1600m (no more than 4)
- You may enter only one relay team in each relay.
- Only 2 individuals and 1 relay may place and score per school.
- An athlete is limited to four (4) events. All may be field events or all may be running events or any combination thereof.

## **Information specific to Putnam County Facility**

- Buses will park in the large parking lot south of school building.
- Restrooms are located in building adjacent to the bleachers.
- Teams should come dressed. No dressing rooms are available.
- NO SPIKES are to be worn in the bleachers.
- Team communities are to be located in the bleachers or surrounding area, not on the football field.
- Turf football field
  - No food, seeds, soda, Gatorade, or gum allowed. Water only
  - The team communities are to be located in the bleachers or outside the fence, no camping on the field.
  - Please remind your athletes to stay off the football field unless in high jump, pole vault or warming up. All athletes not in a current event should be outside the fenced area of the track. If athletes need to warm up they may also use the straight-away on the north side of the track.
- Entry is \$100.00/school- or \$50.00/team.

## **General Notes:**

- The shot and discus will be pooled – shot and discus rings are concrete.
- We will furnish starting blocks.
- The running surfaces are rubber– we allow only 1/8 pyramid spikes.
- Long and triple jump runways are rubber – we allow only 1/8 pyramid spikes.
- Runners should report to the west end of the track to the clerk, enter from west side of bullpen. Runners should exit the track at the east end- past the finish line.
- Long jump, triple jump, shot, and discus will be given 3 throws or jumps.
- Girls' high jump will start at 110 cm and the boys will start at 130 cm. It will be raised in 5 cm increments.
- There will be a girls and boys pole vault. Girl's pole vault will start at 150 cm and the boy's pole vault at 180 cm. It will be raised in 15 cm increments
- Medals will be given for three places.
- Coaches: Pick up your team's medals from the press box at the conclusion of the meet.
- We added the 4 x 800 as an event for students that don't normally get to participate.

### PCJH Relays Meet Worker List

Gate-	C. Mayer (1:30), J. West (1:30)
Finish Line-	B. Mayer, (3:30 p.m.), K. Smith (3:30 p.m.), J. Watt (2:00)
Recorder-	S. Hydorn (2:00)
Computer-	T. Klinginsmith (2:00)
Crow's Nest-	D. Altiser, Monica Casady (3:00)
Medals-	C. Preston (4:15)
Clerk-	K. Fleshman (2:00)
Announcer-	H. Watt (2:00)
Starter-	Dave Shaw
Starter Tag/Starting Blocks-	M. Dickerson (3:30)
Pit Boss-	B. Fleshman (3:30)
Discus-	D. Stiles (2:00)
Shot-	A. Huse (2:00)
High Jump-	C. Quint (2:00)
Long Jump-	Sivetts/Tennill (2:00)
Triple Jump-	H. Halley (2:00)
Pole Vault-	M. Brummer (2:00)
Hurdles-	B. Fleshman (3:30)
Concession-	K. Sturch & MS Cheer (1:30)
Hospitality-	K. McCollom (2:00)
Admin-	all

During the meet, all remaining JH Staff not assigned to a specific event should help with hurdles and/or concession stand

#### **Student workers**

HJ - Blaine Perkins, Nico Lopez, Allise Perkins, Sammie Blanchard

PV - Josh Myers, Jake Rouse, Jesslyn, Jenna

TJ - Jacob Daniel, Eli Brown, Adeline, Silvia

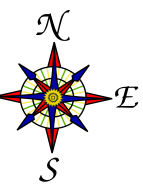
LJ - Diego Lopez, Ivyl Graham, Bryanna, Albany

Shot - Ryan Birkholtz, Case Preston, Emma, Haylie, Rosy

Discuss - Bryce Naughton, Chris Hayden, Madison M, Caley,

Finish line/hurdles: Haven, Macie, Kaylynn, Bailey

All boys' and girls' track team members will be present. The ones not listed will be available to help wherever needed.



JH Set Up

Hospitality Room



Bleachers

4x 100 yellow to yellow

4x 100 yellow to yellow

4 x 200 (1<sup>st</sup> exchange)  
red to red

4 x 200 (3<sup>rd</sup> exchange)  
yellow to yellow

High Jump

Pole Vault

4x 100 yellow to yellow

4 x 200 (2<sup>nd</sup> exchange)  
red to red

Bull Pen  
Track  
Entry

Admission

Concession

Bleachers

Long Jump  
Triple Jump

Hurdles

- 100 m Girls- yellow- bottom notch
- 100 m Boys- yellow- up 1 click