

2024 Central Missouri Mule Relays

Date: Friday April 12th, 2024

Site: University of Central Missouri at Walton Stadium

Time: Field Events at 12:00 PM

Running Events at 1:30 PM

- Entries Process:**
1. Entries are due no later than **Tuesday April 9th by 7:00 PM** at [Direct Athletics](#). This is an open competition; unattached athletes are welcome. The entry site will require marks from 2023 and 2024 season. Speculative marks will require supporting documentation to be accepted.
 2. The accepted entries will be e-mailed and available on Wednesday April 10th
 3. Heat Sheets will be e-mailed and available on Thursday April 11th.
 4. No changes will be allowed on the day of the meet.

Field Sizes: Due to the large field sizes in recent years, Central Missouri have listed the following desired field sizes to comply to our time schedule.

Events	Accepted Entries
SP, Dis, HT, JT, LJ, TJ	Top 36 entry marks
PV, HJ	Top 24 entry marks
100H, 110H, 100m	Unlimited entries
200m	Top 80 entry marks
400m, 400H, 800m, 1500m, 5000m	Top 48 entry marks
3000m Steeplechase	Top 36 entry marks
10,000m	Top 24 entry marks
4x100m, 4x400m	Unlimited entries
*Central Missouri reserves the right to adjust the accepted entries and accept UCM Track athletes into Mule Relays.	

Performance List: [Click Here](#)

Entry Fee: \$300.00 per team, or \$25.00 per individual. A men's and women's team count as two teams. Entry Fee is based on your declared entry, so please scratch all non-competing athletes before the declaration deadline.

Track Facilities: Due to space restrictions in our stadium, our Track is 385 meters in length from common start to common finish in lane 1. Lane three is 400 Meters. The 800m Run and 4x400m Relay will start in lanes and break to lane three. Races of 1500m and longer will be run in lanes 3-8 on a waterfall start. The common start and finish are in the Northeast corner of the Stadium. All sprints and jumps will be run with a tailwind.

Throwing Area: All throwing events will be contested at our throws complex located 300 Meters West of the Stadium (corner of W King & S Warren St.). All implements will be weighed in the red shed at the Throwing Complex. The Javelin runway is located west of the Hammer/Shot area.

Jumps Area: **High Jump:** is located at the north end of the stadium.
Long Jump, Triple Jump and Pole Vault: Are located 300 meters west of the stadium, just north of our Throws complex (W King St). Be aware of conflicts that may arise due to distance between our Jumps area and the Track when making entries. Jump Officials will be so informed of conflicts.

Additional Information: Kirk Pedersen (660)-543-8309 pedersen@ucmo.edu
Kip Janvrin (660)-543-4254 janvrin@ucmo.edu
Entry Info: Rich Schilling (314)-522-6176 rich@trxctiming.com



2024 Central Missouri Mule Relays

Friday April 12th, 2024 – University of Central Missouri

Schedule of events – as of **3/11/2024**



Field Events

12:00pm	Hammer Throw	Men
2:00pm	Pole Vault	Men
2:30pm	Javelin	Women
	Hammer Throw	Women
	Long Jump	Men
	Long Jump	Women
4:30pm	Pole Vault	Women
5:00pm	Discus	Men
	Javelin	Men
	Shot Put	Women
	High Jump	Men
	Triple Jump	Men
	Triple Jump	Women
7:00pm	High Jump	Women
7:30pm	Shot Put	Men
	Discus	Women

****All throwing events will be contested West of the stadium on the corner of W King & S Warren St.**

****Long Jump, Triple Jump, and Pole Vault will be contested West of the stadium along W King St.**

****High Jump will be contested on the north end of the stadium.**

****Sections against time will be run slow to fast.**

****Relay cards must be turned in 30min prior to the start of the relay.**

Track Events

12:00pm	110m Hurdle Prelims	Men
12:15pm	100m Hurdle Prelims	Women
12:30pm	100m Dash Prelims	Men
12:50pm	100m Dash Prelims	Women
1:10pm	3000m Steeplechase	Women
1:50pm	3000m Steeplechase	Men
2:20pm	100m Hurdle Final	Women
2:30pm	110m Hurdle Final	Men
2:40pm	100m Dash Final	Women
2:45pm	100m Dash Final	Men
2:55pm	1500m Run Final	Women
3:15pm	1500m Run Final	Men
3:35pm	4x100m Relay Final	Women
3:45pm	4x100m Relay Final	Men
3:55pm	400m Dash Final	Women
4:25pm	400m Dash Final	Men
4:55pm	800m Run Final	Women
5:15pm	800m Run Final	Men
5:35pm	400m Hurdles Final	Women
5:55pm	400m Hurdles Final	Men
6:15pm	200m Dash Final	Women
6:45pm	200m Dash Final	Men
7:15pm	5000m Run Final	Women
8:05pm	5000m Run Final	Men
8:50pm	4x400m Relay Final	Women
9:05pm	4x400m Relay Final	Men
9:15pm	UCM Alumni 4x400m Relay	
9:30pm	10,000m Run Final	Women
10:20pm	10,000m Run Final	Men