## 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 10<sup>th</sup>

- 3. Heat Sheets will be e-mailed and available on Thursday April 11<sup>th</sup>.
- 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			
*Control Missouri reserves the right to adjust the assented entries and				

<sup>\*</sup>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 Due to space restrictions in our stadium, our Track is 385 meters in length from common start to common facilities: finish in lane 1. Lane three is 400 Meters. The 800m Run and 4x400m Relay will start in lanes and break to

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.

All throwing events will be contested at our throws complex located 300 Meters West of the Stadium

Throwing

Area: (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 High Jump**: is located at the north end of the stadium.

Area: 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

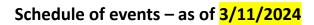
and the Track when making entries. Jump Officials will be so informed of conflicts.

Additional Kirk Pedersen (660)-543-8309 <a href="mailto:pedersen@ucmo.edu">pedersen@ucmo.edu</a>
Information: Kip Janvrin (660)-543-4254 <a href="mailto:janvrin@ucmo.edu">janvrin@ucmo.edu</a>
Entry Info: Rich Schilling (314)-522-6176 <a href="mailto:rich@trxctiming.com">rich@trxctiming.com</a>



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Friday April 12<sup>th</sup>, 2024 – University of Central Missouri





	Field Events			Track Events		
12:00pm	Hammer Throw	Men	12:00pm	110m Hurdle Prelims	Men	
2:00pm	Pole Vault	Men	12:15pm	100m Hurdle Prelims	Women	
2:30pm	Javelin	Women	12:30pm	100m Dash Prelims	Men	
	Hammer Throw	Women	12:50pm	100m Dash Prelims	Women	
	Long Jump	Men	1:10pm	3000m Steeplechase	Women	
	Long Jump	Women	1:50pm	3000m Steeplechase	Men	
4:30pm	Pole Vault	Women	2:20pm	100m Hurdle Final	Women	
5:00pm	Discus	Men	2:30pm	110m Hurdle Final	Men	
	Javelin	Men	2:40pm	100m Dash Final	Women	
	Shot Put	Women	2:45pm	100m Dash Final	Men	
	High Jump	Men	2:55pm	1500m Run Final	Women	
	Triple Jump	Men	3:15pm	1500m Run Final	Men	
	Triple Jump	Women	3:35pm	4x100m Relay Final	Women	
7:00pm	High Jump	Women	3:45pm	4x100m Relay Final	Men	
7:30pm	Shot Put	Men	3:55pm	400m Dash Final	Women	
	Discus	Women	4:25pm	400m Dash Final	Men	
			4:55pm	800m Run Final	Women	
**All throwing events will be contested West of the stadium on the corner of W King & S Warren St.			5:15pm	800m Run Final	Men	
			5:35pm	400m Hurdles Final	Women	
**Long Jump, Triple Jump, and Pole Vault will be contested West of the stadium along W King St.			5:55pm	400m Hurdles Final	Men	
			6:15pm	200m Dash Final	Women	
**High Jump will be contested on the north end of the stadium.			6:45pm	200m Dash Final	Men	
			7:15pm	5000m Run Final	Women	
			8:05pm	5000m Run Final	Men	
**Sections against time will be run slow to fast.			8:50pm	4x400m Relay Final	Women	
			9:05pm	4x400m Relay Final	Men	
**Relay cards must be turned in 30min prior to the start of			9:15pm	UCM Alumni 4x400m Relay		
the relay.			9:30pm	10,000m Run Final	Women	
			10:20pm	10,000m Run Final	Men	