



Missouri Southern High School Open
Open to Ages 12-High School Seniors
Sunday, February 3RD, 2019
Leggett & Platt Athletics Center

- Site: MSSU INDOOR TRACK at Leggett & Platt Athletics Center on the campus of Missouri Southern.
- Starting Time: Sunday: Field Events 10:00pm, Running Finals 2:00pm
- Entries: Entries must be done **ONLINE** at www.directathletics.com . Entries will be accepted ONLINE until **THURSDAY, JANUARY 31, at 7:00 pm.**
- Entry Limit: Unlimited entries
- Entry Fee: Paying Online through DIRECT ATHLETICS. Entry Fees will be paid through Direct Athletics, all entry fees are NON-REFUNDABLE. Entry fees are based upon number of athletes entered at the entry deadline, until 7:00 pm, January 31, 2019.
\$25.00 per athlete or (\$125.00 Per Team) Men and Women are Separate.
\$250.00 for both men's and women's team.
- DAY OF MEET REGISTRATION** – If you miss online entry, you will be subject to a higher fee:
9:00 am – 2:00 pm, February 3RD, 2018 – Scorer's Table
\$30.00 per athlete or (\$150.00 Per Team) Men and Women are Separate
\$300.00 for both men's and women's team
- Check-In: Field Events check in at event area – Running events check in at clerk's table on the infield
- Weigh In: Throwing implements will be weighed in at southeast corner of the field house 9:00am-11:30pm
- Facilities: Polyurethane surface, wooden throws circlers. Pole Vault is a raised mondo runway.
- Spikes: 1/8" or 1/4" pyramid spikes only. No Christmas tree Spikes
- Scoring: Team scores will not be kept.
- Results: Results will be available shortly after the conclusion of the meet at <http://www.midwesttiming.com/> or at www.mssulions.com .
- Trainer: Trainers will be available during the meet to administer first aid. Please bring your own athletic tape and other necessary supplies.
- Minimums: Minimum measurements and starting heights will be adjusted based on field sizes.
- Awards: T-Shirts for 1st-place winners
- Contacts: Head Men's Coach, Bryan Schiding. schiding-b@mssu.edu, 417-659-5447

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Field Events

Declaration All field events report to competition area. No scratches or declarations need to be made.

10:00 a.m. Weight Throw- Combined boys and girls combined

11:00 p.m. Pole Vault - Girl's

11:00 a.m. Long Jump* - Girl's
Shot Put* - Boy's
High Jump - Girl's and Boy's Together

12:00 p.m. Long Jump* - Boy's
Shot Put* - Girl's

1:00 p.m. Triple Jump* - Girl's followed by Boy's

1:00 p.m. Pole Vault - Boy's

***Long Jump, Triple Jump, Shot Put get 4 jumps or 4 throws - No Finals**

Running Events

Declaration All running events participants will need to check into the declaration table by the appropriate times listed to declare your intention to compete or you will be scratched. If you declare and don't compete, you will be scratched from the meet.

Running Order - Fast to Slow, Girl's followed by Boy's

2:00 p.m. 60 Meter Dash – Prelims - Must Declare by 1:15 p.m.

60 Meter Hurdles – Prelims - Must Declare by 1:15 p.m.

Mile Run –Final - Must Declare by 1:45 p.m.

2 Mile Relay – Final - Must Declare by 2:00 p.m.

60 Meter Hurdles – Final - Qualified athletes report to the bullpen

60 Meter Dash – Final - Qualified athletes report to the bullpen

400 Meter Dash – Final - Must Declare by the end of the girl's Mile Run

800 Meter Run – Final - Must Declare by the end of the girl's 2 Mile Relay

200 Meter Dash – Final - Must Declare by the end of girl's 400 Meter Dash

3200 Meter Run – Final - Must Declare by the end of the girl's 800 Meter Run

Mile Relay – Final Must Declare by the end of the girl's 200 Meter Dash