

**MSHSAA Class 1 & 3 Double Sectional Meet  
Hosted by Mountain Grove High School**



**Location:** 420 N Main St, Mountain Grove, MO 65711

**Track Access:** The track will be available 5pm-Sundown for walk-throughs on May 10th.

**Bus Parking:** See map for parking location.

**Entries:** Entries are posted on [mo.milesplit.com](http://mo.milesplit.com). Final scratches and changes to relays can be made until Tuesday, May 7th at 12:00pm.

**Pass List:** Please update your Sectional pass list on MSHSAA website by May 9th at 12pm. Coaches, managers, and administrators must be on the pass list.

**Medals:** Top four will medal and advance to State.

**Team Access:** Athletes must have their uniform on when entering the facility.

**Admission:** All Sectional tickets must be purchased digitally on MSHSAA website.

**Infield:** The track area will be closed to all spectators. Only athletes warming up or down will be allowed on the infield. Coaches allowed in designated boxes only.

**Spike Length:** 1/4 Spikes or less

**Javelin:** Javelin area is located Northeast of the stadium on a concrete runway. No spikes or cleats allowed.

**Discus, Shot, Javelin, Long Jump, and Triple Jump:** 4 attempts, no finals.

**Starting Heights:** Heights for Pole Vault and High Jump will be established by the games committee and announced at the coaches meeting.

**Chalk:** Chalk is permitted to be used on all runways and the track. No tape will be allowed in these areas.

**Game Committee/Jury of Appeals:** John Citron (Mountain Grove), Chris Waggoner (Willow Springs), Emry Dilday (Sgf Catholic), Bob Baker (Galena), and Don Keeton (Greenwood)

**Exchange Zone Judges:** Judges will be assigned after district meets.

Class 1	Class 3
<b>4x2</b> <b>Exchange 1:</b> <b>Exchange 2:</b> <b>Exchange 3:</b>	<b>4x2</b> <b>Exchange 1:</b> <b>Exchange 2:</b> <b>Exchange 3:</b>
<b>4x1</b> <b>Exchange 1:</b> <b>Exchange 2:</b> <b>Exchange 3:</b>	<b>4x1</b> <b>Exchange 1:</b> <b>Exchange 2:</b> <b>Exchange 3:</b>

**4x800, 1600, 800, 3200, 4x400 Break Line:** Finish Line Judges

### Hurdle Judges

110/100 Hurdles	
<b>Flight 1:</b>	<b>Flight 6:</b>
<b>Flight 2:</b>	<b>Flight 7:</b>
<b>Flight 3:</b>	<b>Flight 8:</b>
<b>Flight 4:</b>	<b>Flight 9:</b>
<b>Flight 5:</b>	<b>Flight 10:</b>

300 Hurdles	
<b>Flight 1:</b>	<b>Flight 5:</b>
<b>Flight 2:</b>	<b>Flight 6:</b>
<b>Flight 3:</b>	<b>Flight 7:</b>
<b>Flight 4:</b>	<b>Flight 8:</b>

**Team Tents:** All tents will be placed behind the bleachers in the designated areas located on the map.

**Hospitality Room:** A hospitality room will be provided for the coaches and bus drivers. This will be located on the top floor of the arena south of the football field.

### Contact Information:

Justin Pflug, Head Coach - [jpflug@mg.k12.mo.us](mailto:jpflug@mg.k12.mo.us)

John Citron, Head Coach - [johnc50.48@gmail.com](mailto:johnc50.48@gmail.com)

Brandon Rodgers, Athletic Director - [brodgers@mg.k12.mo.us](mailto:brodgers@mg.k12.mo.us) (417-252-4350)

## Meet Schedule

**Implement Weight-In: 7:45 - 9:15am** - This will take place by the discus area. Poles will be inspected at the Pole Vault area.

**Coaches Meeting: 9:15** - Located on the top floor of the arena.

### Field Events:

#### Pole Vault

9:30-11:00	11:30-1:00	1:30-3:00	3:30-5:00
Boys Pole Vault (3)	Boys Pole Vaults (1)	Girls Pole Vault (3)	Girls Pole Vault (1)

#### Other Field Events

9:30-11:00	11:30-1:00	1:30-3:00	3:30-5:00
Boys Javelin (3)	Boys Javelin (1)	Girls Javelin (3)	Girls Javelin (1)
Girls High Jump (3)	Girls High Jump (1)	Boys High Jump (3)	Boys High Jump (1)
Boys Long Jump (3)	Boys Long Jump (1)	Girls Long Jump (3)	Girls Long Jump (1)
Girls Triple Jump (1)	Girls Triple Jump (3)	Boys Triple Jump (1)	Boys Triple Jump (3)
Boys Shot Put (1)	Boys Shot Put (3)	Girls Shot Put (1)	Boys Shot Put (3)
Girls Discus (3)	Girls Discus (1)	Boys Discus (3)	Girls Discus (1)

#### Running Events: C1 followed by C3

11:00 Boys 4x800 Relay

11:30 Girls 4x800 Relay

12:00 Boys 110 Hurdles

12:10 Girls 100 Hurdles

12:20 Boys 100 Meter Dash

12:30 Girls 100 Meter Dash

12:40 Boys 4x200 Relay

12:50 Girls 4x200 Relay

1:00 Boys 1600 Run

1:20 Girls 1600 Run

1:40 Boys 4x100 Relay

1:50 Girls 4x100 Relay

2:00 Boys 400 Dash

2:10 Girls 400 Dash

2:20 Boys 300 Hurdles

2:30 Girls 300 Hurdles

2:40 Boys 800 Run

2:50 Girls 800 Run

3:00 Boys 200 Dash

3:10 Girls 200 Dash

3:20 Boys 3200 Run

3:50 Girls 3200 Run

4:20 Boys 4x400 Relay

4:30 Girls 4x400 Relay



Disc

Weigh In

Shot

Javelin

PV/HJ

LJ/TJ

Tent City

Bullpen

Bus Drop Off

Bus/Van Parking

Google