

## **2025 Class 4 District 4 Schedule**

**Location = Helias Catholic High School**

**Teams: Helias, Holt, Capital City, Hannibal, Kirksville, Father Tolton, Fulton, Osage, Warrenton, Mexico**

**9:30am**

Girls Javelin @ Jeff City High School

**11:00am**

Boys Javelin @ Jeff City High School

**12:30pm**

Boys Triple Jump, Girls Long Jump, Girls Discus

**1:00pm**

Boys Pole Vault

**2:30pm**

Boys Discus, Boys Long Jump, Girls Shot Put, Girls High Jump

**4:00pm**

Girls Pole Vault

**4:30pm**

Boys Shot Put, Boys High Jump, Girls Triple Jump

### **Running Events**

1:00pm = 4x800m Girls

1:15pm = 4x800m Boys

1:30pm = 100m Hurdles

1:40pm = 110m Hurdles

1:55pm = 100m Girls

2:05pm = 100m Boys

2:15pm = 4x200m Girls

2:30pm = 4x200m Boys

2:45pm = 1600m Girls

3:00pm = 1600m Boys

3:15pm = 4x100m Girls

3:25pm = 4x100m Boys

3:40pm = 400m Girls

3:55pm = 400m Boys

4:10pm = 300m Hurdles Girls

4:25pm = 300m Hurdles Boys

4:40pm = 800m Girls

4:50pm = 800m Boys

5:00pm = 200m Girls

5:10pm = 200m Boys

5:25pm = 3200m Girls

5:40pm = 3200m Boys

5:55pm = 4x400m Girls

6:10pm = 4x400m Boys

### **Other Important Schedule Information**

- Javelin Weigh In = From 8-10 am
  - At Jeff City High School
- Javelin Coaches Meeting (Must have 1 coach present) = 8:45 am
  - At Jeff City High School
- Shuttle Bus for Javelin (Coaches & Athletes Only) = From 7:30 am - 1:00 pm
- Shot Put & Discus Weigh In = From 12 pm until 2 pm
  - At Helias High School
- Coaches/Scratch Meeting (Head Coach must be present) = 12 pm
  - At Helias High School
- Remaining Field Events (See Schedule) = Start at 12:30 pm
- Running Events (See Schedule) = Start at 1 pm

# **MSHSAA 2025 Class 4 District 4 Track Meet**

**Date:** Saturday May 17, 2025

**Location:** Helias Catholic High School

**Coaches Meeting:** 8:45 AM For Javelin Coaches - Location will be Jeff City High School.

12:00 PM Coaches Meeting – Location will be Film Room at Helias Catholic High School. Head Coaches must be present.

**Time:** Javelin – 9:30 AM (At Jeff City High School)

Other Field Events – 12:30 PM

Running Events Begin – 1:00 PM

**IMPLEMENT WEIGH IN:** Javelin: measured on site & begins at 8:00am

Shot Put and Discus in the football storage (will be impounded) & begins at 12:00pm

**LIVE RESULTS:** MO Fast Timing

**PLEASE USE ONLY 1/4" SPIKES. THEY WILL BE CHECKED IN THE BULLPEN.**

**PLEASE DO NOT WEAR SPIKES IN THE BLEACHER AREA.**

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Boys Javelin @ Jeff City High School

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Boys Triple Jump, Girls Long Jump, Girls Discus

1:00pm

Boys Pole Vault

2:30pm

Boys Discus, Boys Long Jump, Girls Shot Put, Girls High Jump

4:00pm

Girls Pole Vault

4:30pm

Boys Shot Put, Boys High Jump, Girls Triple Jump

### Running Events

1:00pm = 4x800m Boys (1 Heat)

1:15pm = 4x800m Girls (1 Heat)

1:30pm = 110m Hurdles (3 Heats)

1:40pm = 100m Hurdles (3 Heats)

1:55pm = 100m Boys (3 Heats)

2:05pm = 100m Girls (3 Heats)

2:15pm = 4x200m Boys (2 Heats)

2:30pm = 4x200m Girls (2 Heats)

2:45pm = 1600m Boys (1 Heat)

3:00pm = 1600m Girls (1 Heat)

3:15pm = 4x100m Boys (2 Heats)

3:25pm = 4x100m Girls (2 Heats)

3:40pm = 400m Boys (3 Heats)

3:55pm = 400m Girls (3 Heats)

4:10pm = 300m Hurdles Boys (3 Heats)

4:25pm = 300m Hurdles Girls (3 Heats)

4:40pm = 800m Boys (1 Heat)

4:50pm = 800m Girls (1 Heat)

5:00pm = 200m Boys (3 Heats)

5:10pm = 200m Girls (3 Heats)

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- Shot Put & Discus Weigh In = From 12 pm until 2 pm
  - At Helias High School
- Coaches/Scratch Meeting (Head Coach must be present) = 12 pm
  - At Helias High School
- Field Events (See Schedule) = Start at 12:30 pm

# MSHSAA 2025 Class 4 District 4 Track Meet

## GENERAL MEET INFORMATION

- We will be providing breakfast for javelin coaches & we will be providing each coach lunch, you will be given a meal ticket. Lunch will be in the film room from 1:00pm until 3:00pm.
- Coaches must fill all jobs assignments.
- The bullpen will be located at the 50 yard line. An athlete will be given a hip number.
- Only athletes and meet officials may enter the field of competition.
- Athletes not currently participating in an event must remain outside the fenced area (unless warming up for an event).
- Coaches must remain in designated coaching areas.
- All MSHSAA rules will apply to uniforms and electronics (including video, cell phone, etc...). There is no jewelry rule other than safety related.
- Team camps may be set up in the south end of the soccer field. It's a turf field so no stakes or spikes. Please bring weights to hold tents in place. **Please do not set up camp in the bleachers, these will be for spectators.**
- Locker rooms are NOT available.

## Medical Information

- There will be a certified Athletic Trainer on site and she will be located by the finish line

## District Meet Entry Process

- All entities must be verified on Mo.MileSplit.com
  - Scratch any individual qualifiers not competing in the district meet.
  - Confirm relay team member names. Substitutes may be made.
- Entry Verification Deadline: **12:00pm, Tuesday May 13, 2025**

## Field Event Information

- All field events must report when called. Be sure to check in with the event judge.
- Prior to competition, each shot and discus must be inspected and approved by the head field event judge. **Implement weigh-in will take place beginning at 12:00pm.**
- Competitors in the shot, discus, and javelin will be placed into flights. These competitors will be allowed 3 throws for prelims, and the top 9 will get 3 throws for finals.
- Competitors in the long and triple jumps will be placed into 1 flight in reverse order of qualification (by distance, not place). These competitors will be allowed 3 jumps in prelims, and the top 9 will get 3 jumps in finals.
- Opening heights for the high jump and pole vault will be determined by the games committee.
- Poles will need to be checked in by a meet official and this will take place near the pole vault competition area.

# MSHSAA 2025 Class 4 District 4 Track Meet

## Scoring, Awards, and Qualification Information

- Scoring will be 10-8-6-5-4-3-2-1 for individual and relay events.
- Top 4 place finishers will earn medals and advance to the Class 4 Sectional Meet at Mexico High School.
- All awards will be available in the press box upon completion of the final event.
- Results will be posted live at

## Meet Management

<b>Meet Director and AD:</b>	Dwanye Clingman	dclingman@heliascatholic.com
<b>Helias Head Coach:</b>	Phil Pitts	ppitts@heliascatholic.com
<b>Games Committees:</b>	Kirksville, Helias, Holt, Capital City, Fulton, Mexico	
<b>Announcer:</b>	Tim Emmel	
<b>Starters &amp; Field Event Judges:</b>	Leslie Ewigman & Heeney Stefee (Starters) / Tom Emmel (Field Event Judge)	
<b>Timing Company:</b>	<b>MO Fast Timing Company</b>	
<b>Field Events:</b>	We have secured judges for each field event. We will also provide the workers. No teams need to help run any field events	
<b>Concessions:</b>	Will be provided by Helias Parents Club	

# MSHSAA 2025 Class 4 District 4 Track Meet

## EXCHANGE ZONE JUDGES

	<u>EXCHANGE ZONE 1</u>	<u>EXCHANGE ZONE 1</u>	<u>EXCHANGE ZONE 2</u>	<u>EXCHANGE ZONE 2</u>	<u>EXCHANGE ZONE 3</u>	<u>EXCHANGE ZONE 3</u>
<b>4X100 RELAY</b>	FR. TOLTON	HELIAS	HOLT	MEXICO	KIRKSVILLE	HANNIBAL
<b>4X200 RELAY</b>	CAPITAL CITY	MEXICO	WARRENTON	FULTON	OSAGE	HOLT

## BREAK LINE JUDGES

<b>4x800m</b>	WARRENTON
<b>1600m</b>	HANNIBAL
<b>800m</b>	FULTON
<b>3200m</b>	FR. TOLTON
<b>4x400m</b>	KIRKSVILLE

## HURDLE JUDGES

<u>Flight</u>	<u>100/110 Hurdles</u>	<u>300m Hurdles</u>
<b>1</b>	FR. TOLTON	CAPITAL CITY
<b>2.</b>	HELIAS	WARRENTON
<b>3.</b>	KIRKSVILLE	FULTON
<b>4.</b>	FULTON	OSAGE
<b>5.</b>	WARRENTON	HOLT
<b>6.</b>	OSAGE	KIRKSVILLE
<b>7.</b>	CAPITAL CITY	FR. TOLTON
<b>8.</b>	HANNIBAL	HELIAS
<b>9.</b>	HOLT	
<b>10.</b>	MEXICO	