

GRC East JH Relays 2022

Date: Thursday May 5, 2022

Site: CF Russell Stadium, Trenton, MO

Entries: 5/5 JH GRC East- **Entries Close: 5/4 at noon**  
**mo.milesplit.com**

Admission: \$4.00 – adults, \$2.00 – senior citizens, and \$3.00 – student (**GRC passes will not be accepted**)

Scoring: 10-8-6-4-2-1

Surface: We have an all-weather track; only 1/8 pyramid spikes are allowed.

Awards: Medals will be awarded for the first 4 places in individual events and the top 4 relay teams. Plaques will be awarded to the 1<sup>st</sup> place teams for boys and girls. Places will be scored on the top six.

Hospitality: Meal cards will be provided for all coaches and (non-student) workers to our Band Booster Concession Stand.

Buses: Buses may park in either the south parking lot or the spaces north of the fair grounds.

Meeting: Scratch meeting at 3:00 pm in the stadium building on the north side of the track, the visitors' football locker room.

**Coaches Meeting at 3:00pm - Field events start at 3:15pm - Running events at 4:00 pm**

3:15 p.m.

1<sup>st</sup> boys' high jump (Polo)

2<sup>nd</sup> girls' high jump

1<sup>st</sup> girls' pole vault (Princeton)

2<sup>nd</sup> boys' pole vault

1<sup>st</sup> boys' triple jump (Gallatin)

2<sup>nd</sup> girls' triple jump

3:15 p.m.

1<sup>st</sup> girls' long jump (Trenton)

2<sup>nd</sup> boys' long jump

1<sup>st</sup> girls' discus (Trenton)

2<sup>nd</sup> boys' discus

1<sup>st</sup> boys' shot put (Milan)

2<sup>nd</sup> girls' shot put

Exchange zone judges:

<u>Race</u>	<u>1<sup>st</sup> Exchange</u>	<u>2<sup>nd</sup> Exchange</u>	<u>3<sup>rd</sup> Exchange</u>
4x200	South Harrison	Putnam County	Maysville
4 x100	Putnam County	South Harrison	Maysville

2 individual entries per school, 1 relay team in each relay

Medals will be given out to 4 places.

### Running Events (4:00 pm start)

Girls 100 m low hurdles (followed by boys)

Girls 100 m sprint (followed by boys)

Girls 4x200 m relay (followed by boys)

Girls 1600 m run (followed by boys)

Girls 4x100 m relay (followed by boys)

Girls 400 m sprint (followed by boys)

Girls 800 m sprint (followed by boys)

Girls 200 m run (followed by boys)

Girls 4x400 m relay (followed by boys)