

Jim King Relays Cover Letter JH and HS Meet

Monday, April 17th @1:30pm (Coach mtg @ 1:00pm)

Coaches,

We'd like to thank everyone for signing up to participate in our 3rd Annual Jim King Relays. Jim King was an honorable man who coached at Princeton for many years. Jim left a legacy in many sports but most of all cherished track and field. We are honored to have our track and meet named after him.

This will be a Junior High and High School meet combined. All events (with the exception of the Javelin, 4x800, 2 Mile, and 300HH) will be run JH first followed by HS. **The entry fee will be \$150 per school or \$10 per athlete. You may bring the check with you or mail it to the high school.** Entries will be open starting April 2nd using the link:

<https://mo.milesplit.com/meets/531101-jim-king-relays-2023/info>

Deadline will be 9:00 am on 4/17.

It is our goal to NOT have any of your coaches work the meet. We are trying to get enough volunteers to make that happen. If by chance we fall short, we will ask a handful of coaches to help run field events. I will let you know in advance if that is the case. Our timing company ,Black Squirrel Timing, will be posting live results: bstc.live

Please help us keep athletes off the football field. Tents can be set up on top of the hill on either side of the press box. Buses can park in the gravel lot at the southeast corner of the track or on top of the grass hill west of our football field. The coaches meeting will take place down in the football locker room. We will have restrooms open under the press box for athletes and fans to use.

Thank you for coming! We hope you enjoy the meet.

Questions? Please contact me

Scott Ussery

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4th Annual Jim King Relays
Princeton Track & Field
High School & Middle School Track Meet
April 17, 2023 @ 1:30pm (Coach Mtg at 1:00)

General Information

Coaches Meeting--1:00 HS Javelin--1:15 all other Field Events--1:45 Running Events--2:30

Each School will be allowed (2) individuals per event and (1) relay team. There will be no prelims

Athlete registration must be complete by 4/17 at 11:00 AM using
<https://mo.milesplit.com/meets/531101-jim-king-relays-2023/info>

Live Results: bstc.live

Starter will be Wayne Alexander, Gary Hinton

Awards

Medals will be given to the top 3 individuals and top 3 relay teams. No team plaque will be given.

Scoring

Scoring will be 10-8-6-4-2-1

Admission

FREE

Track Info

The track is an all-weather surface. There are six lanes with a bullpen, and the straightaway is on the north side of the complex. Starting blocks will be provided. Spikes must be 1/8" pyramid.

Entry Fee

\$150 per school TOTAL, or \$10 per athlete. The \$150 will cover both JH and HS teams. HS or JH only \$75

Teams (10)

Princeton	North Harrison	Gilman City	Putnam	Trenton (HS)		
Pattonburg	Newtown	Mercer	South Harrison	Pleasant View (JH)	Milan(JH)	

Order of Events

FIELD EVENT FINALS

***All field events will be JH followed by HS**

- 1:15 Javelin** (*High School Only*) -- Boys Followed by Girls
1:30 High Jump -- Boys followed by Girls
3 throws, no finals. (Athletes may not throw before meet officials arrive)
1:30 Triple Jump – Girls Followed by Boys
You will have one hour to complete 3 jumps. There will be only first call
1:30 Long Jump – Boys Followed by Girls
You will have one hour to complete 3 jumps. There will be only first call
1:30 Shot Put -- Girls followed by Boys
3 throws, no finals. (Athletes may not throw before meet officials arrive)
1:30 Discus -- Boys followed by Girls
3 throws, no finals. (Athletes may not throw before meet officials arrive)
1:30 Pole Vault -- Girls followed by Boys

ORDER OF RUNNING EVENTS

All events where both JH and HS compete will be run JH (girls followed by boys) followed by High school (girls followed by boys)

- 2:30 2 Mile Relay (4x800 High School Only) Girls Followed by Boys
100m High Hurdles (110 for boys)
100m Dash
800m Relay (4x200)
1600m Run
400m Relay (4x100)
400m Dash
300m LH (High School Only)
800m Run
200m Dash
3200m Run (High School Only)
1600m Relay (4x400)

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