

## Marcus Hounsom Relays 2023

**Date:** Friday, April 28, 2023

**Site:** Putnam County High School- Unionville, MO

**Entries:** Entries deadline: 4/27 at 5 pm <https://mo.milesplit.com/login>

**Admission:** \$4.00 – adults, \$2.00 – senior citizens, and \$3.00 – student

**Entry Fee:** \$150/school or \$75/team

**Scoring:** 10-8-6-5-4-3-2-1

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

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

**Hospitality:** There will be a hospitality room for coaches and workers in the white stadium building north side of the track. Food provided by DANNCO

**Buses:** Please have your buses park south of the school building. We will use cones to save spaces to park along the south and east curbs

**Meeting:** Scratch meeting at 2:30 pm in the white stadium building north of the track.

**Coaches Meeting @ 2:30 p.m. - Javelin starts @  
2:45 p.m. - Field events start @ 3:00 p.m. -  
Running events @ 4:00 p.m.**

Teams competing include: Atlanta, Brookfield, Canton, Clark County, Gilman City, Green City, Knox, La Plata, Milan, Mormon Trail CSD, Novinger, Seymour, Schuyler, Scotland, Trenton, Princeton, and Putnam

## **General Notes:**

- No prelims; all running events are finals – All horizontal field events – four attempts.
- There will be a concession stand at the stadium building south of the track.
- NO spikes are to be worn in the bleachers.
- Please remind your athletes to stay off the football field when not in an event. If athletes need to warm-up use the north side track straight away.
- Restrooms are located in the stadium buildings north and south of the field.
- No dressing facilities are available for the athletes.
- Turf football field
  - No food, seeds, soda, sports drinks, or gum allowed. Water only
  - The team communities are to be located in the bleachers or outside the fence, with no camping on the field.
  - Please remind your athletes to stay off the football field unless in the high jump, pole vault, or warming up. All athletes not in a current event should be outside the fenced area of the track. If athletes need to warm up they may also use the straight-away on the north side of the track
- Field event scratches will be on-site at event sign-in.
- Each team will furnish its own pole, javelin, shot, discus, and batons.
- Girls' high jump will start at 120 cm and the boys will start at 150 cm. It will be raised in 5 cm increments
- There will be a girls' and boys' pole vault. There will be girls' and boys' javelin, you must bring your own javelin.
- There will be a girls' and boys' pole vault. The girls' pole vault will start at 210 cm and the boys' pole vault at 240. It will be raised in 15 cm increments
- Long and triple jumps will be run cafeteria style with a one-hour time limit.
- Shot and discus will be flighted. Javelin will be run cafeteria style.
- Starting blocks will be furnished.
- Runners will enter the track at the west end gate of the bullpen and exit at the east end of the track near the long jump pits
- There will be a co-ed 400m throwers' relay. Participants in this event must be registered as throwers that day. No points or medals – Pizza for the winning team!
- Running event participants must report to the clerk at the west end of the track.
- Coaches: Pick up your team's medals from the press box at the conclusion of the meet.

## **Participation Limitations**

- You may enter 3 in all field events except the high jump. Only 2 individuals may place and score per school.
- You may enter 2 in the high jump
- You may enter 2 in all individual running events.
- You may only enter one relay team in each relay.
- An athlete is limited to four (4) events. All may be field events or all may be running events or any combination thereof.

### **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	Brookfield	Putnam County	Brookfield
4 x100	Knox	Scotland	Schuyler
Throwers Relay	Knox	Scotland	Schuyler

**Javelin (2:45):** Boys followed by girls

**Field Events (3:00):** (4 jumps or throws)

**Discus-** Girls followed by boys

**Shot Put-** Boys followed by girls

**High Jump-** Boys followed by girls

**Triple Jump-** Girls followed by boys

**Long Jump -**Boys followed by girls

**Pole Vault-** Girls followed by boys

### **Running Events (No Prelims/All Finals)**

- 4:00 p.m.** 4X800 Meter Relay - G/B  
100/110 Meter Hurdles – G/B  
100 Meter Dash – G/B  
4X200 Meter Relay – G/B  
1600 Meter Run – G/B  
4X100 Meter Relay – G/B  
4x100 Coed Throwers Relay  
400 Meter Dash – G/B  
300 Meter Hurdles – G/B

#### **Introduction of Senior Athletes**

- 800 Meter Dash – G/B  
200 M. Dash – G/B  
3200m run - G/B (depending on # of entries they might run together)  
4X400 Meter Relay – G/B

## **JH track workers 2023**

### **High Jump**

Brayden Allen, Corbin Campbell-Johnson, Remington Neighbors

### **Long Jump**

Matthew Blanchard, Kelsey Murphy, Riley Jones, Ava Perkins

### **Finish line runners**

Tayven Cottey, Bryna Hurley, Hannah Jones, Lyllian Stout

### **Triple Jump**

Charli Ingersoll, Cameron Cullum, Jacob Jones, Haley Wood, Regan Smith

### **Javelin**

Bela Lopez, Lea Simmons, Noah Ray, Trapper Hatfield, Aden Sailsbury, GraycieMae Tennill

### **Pole Vault**

Corey Chapman, Brayten Spring, Mira Vice

### **Shot Put**

Harvester Blankenship, Matthew McMillen, Ori Overton

### **Discuss**

Katie Halley, Seth Hannink, Rylie Thompson, Tagg Turner

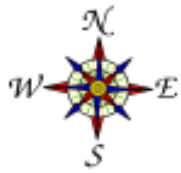
### **Hurdles and Blocks**

Sawyer Morgan, Rayden Chapman, Corey Chapman, Rory Gilworth, Trigger Robbins, Riley Burkhiser

Make sure to check out with Coach Hydorn, Huse, or Stiles before you leave and stay until the event is finished. **Everyone** be prepared to help with the movement of hurdles.

## MARCUS HOUNSOM MEET RECORDS:

<b><u>GIRLS MARCUS HOUNSOM RELAY RECORDS</u></b>	<b><u>RECORD HOLDER</u></b>	<b><u>SCHOOL</u></b>	<b><u>RESULT</u></b>	<b><u>YEAR</u></b>
SHOT PUT	Evans	Putnam Co.	46'2	2009
LONG JUMP	Clark	Brookfield	16' 4 1/2"	1983
HIGH JUMP	Spickard	Trenton	5'3"	1997
DISCUS	Evans	Putnam Co.	152'3	2009
TRIPLE JUMP	Elliott	Putnam Co.	34'9"	1990
100 METER HURDLES	Hawkins	Linn Co.	16.6	1989
200 METER DASH	Toops	Marceline	26.5	1987
3200 METER RELAY		Milan	10:20:07	1987
1600 METER RELAY		Putnam Co.	04:20.7	1986
800 METER RELAY		Salisbury	01:50.5	1980
400 METER RELAY		Salisbury	52.7	1980
3200 METER RUN	Lapsey	Clark Co.	12:14.6	1987
800 METER RUN	Johnson	Scotland Co.	2:23	2007
400 METER DASH	Toops	Marceline	59.7	1987
1600 METER RUN	Gudehus	Knox Co.	05:21.4	1982
100 METER DASH	Alexander	Brookfield	12.82	2008
300 METER LOW HURDLES	Clark	Brookfield	48.4	1988
<b><u>BOYS MARUS HOUNSOM RELAY RECORDS</u></b>	<b><u>RECORD HOLDER</u></b>	<b><u>SCHOOL</u></b>	<b><u>RESULT</u></b>	<b><u>YEAR</u></b>
SHOT PUT	Morris	Brookfield	55' 9 1/2"	1993
LONG JUMP	Curly	Brookfield	21' 2 1/2"	2004
HIGH JUMP	McWilliams	Kirksville	6'3"	1995
DISCUS	Morris	Brookfield	154'3"	1993
TRIPLE JUMP	Weaver	Clark Co.	43' 3 1/2"	1998
100 METER HIGH HURDLES	Mason	Putnam Co.	15.4	2004
200 METER DASH	Lasky	Knox Co.	23.3	1983
3200 METER RELAY		Brookfield	08:36.1	1987
1600 METER RELAY		Clark Co.	03:37.0	1988
800 METER RELAY		Knox Co.	1:34	1983
400 METER RELAY		Schuyler Co.	46.5	2007
3200 METER RUN	Roberts	Linn Co.	10:08.9	1989
800 METER RUN	Nimmo	Clark Co.	02:02.3	
400 METER RUN	Bortell	Trenton	52.2	2002
1600 METER RUN	Casey	Brookfield	04:39.1	1987
100 METER DASH	Strickler	Knox Co.	11.3	1986
300 METER INTER.HURDLES	MCCurren	Knox Co.	41.8	1992
400 BIG MAN'S RELAY		Knox Co.	51.5	1985



Field Event Check In

Hospitality Room



Bleachers

Shot Put  
Discuss

4x 100 yellow to yellow

4x 100 yellow to yellow

4 x 200 (1<sup>st</sup> exchange)  
red to red

4 x 200 (3<sup>rd</sup> exchange)  
Red to red

High Jump

Pole Vault

4x 100 yellow to yellow

4 x 200 (2<sup>nd</sup> exchange)  
red to red

Admission

Bull Pen  
Track  
Entry

Runners  
Exit Track

Bleachers

Long Jump  
Triple Jump

Concession



- Hurdles
- 100 m Girls- yellow- notch 2 from bottom
  - 110 m Boys- black- up 2 clicks (notch 4)
  - 300 m Girls- white- bottom notch
  - 300 m Boys- white- notch 3

Javelin