

2024 Girls Night Out Track Meet

Date/Location:	April 4 th 2024/ JFK Stadium (Parkview High School)
Time:	11:45 Coaches Meeting (In Hospitality Room) 11:45 Javelin - Shot and Discus will start when Javelin is finished 12:45 Field Events 12:45 Slow Heat of 3200 1:15 Running Events
Entry Fee:	\$200 per school /10.00 per athlete (1-9) Springfield Public Schools Athletics Office Roseann Bentley Administrative Center 1610 E Sunshine Springfield, MO 65804
Medals:	Medals for Top 8 Finishers, No team scores
Hospitality Room:	Locker Room behind main stands
Entries:	MoMileSplit 1 Relay Team per event there will be a Throwers Relay!! 2 per event (100, 200, 100H, 300H, 400) 2 per event (800, 1600, 3200) 2 per field event
Entries Deadline:	Tuesday April 2nd at 5:00 PM
Spikes:	1/8" pyramid
Runways:	Please no tape
Exchange Zones:	4x100- Determined at meet 4x200- Determined at meet
Games Committee:	Determined at meet
Field Events:	Javelin - Flights at 11:45 Shot Put - Flights after Javelin Discus - Flights after Javelin High Jump - 5 Alive Triple Jump - 12:45 start, both pits Long Jump - after Triple Jump, both pits Pole Vault - 12:45

Order of Events:

3200 Run (Slow Heat) starts at 12:45
3200 Relay, starts at 1:15
100 Hurdles,
100 Dash,
4x200 Relay,
1600 Run,
4x100 Relay,
400 Dash,
300 Hurdles,
800 Run,
200 Dash,
3200 Run (Fast Heat),
Throwers Relay,
4x400 Relay

Contact Info

Steve Boyce
Glendale High School
sboyce@spsmail.org
417-848-4020 (mobile)

Girls Night Out T-shirts will be available at the Meet!