

2025 Cougar Junior High Relays
Event Schedule
April 24, 2025

3:00 Coaches meeting at the baseball concession stand
Scratches or Subs only allowed – NO ADDITIONS

3:30 FIELD EVENTS (3 attempts given run as FINALS)
(Jumps or Throws - all finals) (Shot and Discus will be pooled)
Girls High Jump followed by Boys
Girls Discus - followed by Boys
Boys Shot - followed by Girls
Girls Long Jump - followed by Boys SOUTH END
Boys Triple Jump - Followed by Girls NORTH END
Girl Pole Vault - followed by Boys

(Starting vault height will be determined by the appeals committee and meet official based on athlete entries)

FINALS

4:30 100 Meter Low Hurdles- Girls
100 Meter Low Hurdles- Boys
100 Meter Dash – Girls
100 Meter Dash – Boys
800 Meter Relay- Girls
800 Meter Relay- Boys
1600 Meter Run- Girls
1600 Meter Run- Boys
400 Meter Relay- Girls
400 Meter Relay- Boys
400 Meter Dash- Girls
400 Meter Dash- Boys
800 Meter Run-Girls
800 Meter Run- Boys
200 Meter Dash- Girls
200 Meter Dash- Boys
1600 Meter Relay- Girls
1600 Meter Relay- Boys
Conclusion of Meet – coaches may pick up medals

**Junior High Relays
April 24, 2025**

Workers Schedule

<u>Event</u>	<u>Workers/Coordinators</u>
High Jump	HHS
Shot Put	HHS
Discus	HHS
Triple Jump	HHS
Long Jump	HHS
Pole Vault	HHS

Running Events

Meet Manager	Coach O'Brien and Coach Wakefield
Starter	Charley Welker

MoFast Timing will be the timing company in charge of the meet.

Hurdle Set-Up	HJHS Athletes
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Press Box

Announcer	HHS
Scorer	HHS
Medals	HHS
Runners/Results	HHS students
Appeals Committee	Monroe City, Highland, Palmyra
Turns and Exchanges Judges	4x100 1 st – Monroe & Canton 2 nd – Mark Twain & Clark Co 3 rd – Highland & Palmyra 4x200 1 st & 3 rd – Palmyra & Clark 2 nd Monroe City

We should be able to fully staff the meet but in the event of unforeseen circumstances we may have to ask coaches from other coaches to help staff the meet.