



Orchard Farm R-V School District

Administration Office
3489 Boschertown Rd
St. Charles, Missouri 63301
www.ofsd.k12.mo.us
Dr. Thomas E. Muzzey, Superintendent

Orchard Farm Quad Meet March 27, 2018

SCHOOLS ATTENDING:

Elsberry, Orchard Farm, St. Dominic, Winfield

GENERAL INFORMATION:

1. Times: Field Events: 3:30 Running Events: 4:00
2. Coaches meeting will take place by the concession stand at 3:15pm.
3. The games committee will consist of one coach from each school.
4. There will be NO entry fee.
5. Buses should park in the parking lot, south of the high school.
6. Meals: We will have a concession stand open and have a hospitality service for the coaches in the concession stand.
7. Facilities: We have a polyurethane track, and all jumping surfaces are polyurethane. These surfaces require ¼ inch spikes or less. The throwing surfaces are concrete and require rubber-soled shoes.
8. Scoring:
 - a. This is a NON-medal meet; meaning scores will NOT be tallied.
 - b. You may enter as many athletes as you like.
 - c. Any other questions can be answered at the coaches meeting.
9. Sign up:
 - a. We will call for athletes just like a normal meet and do our best to have a JV race and then a varsity race
 - i. Ex – We will call all athletes for the 4x800 to the bullpen, we will divide them into JV/V and boys/girls.
 1. Might have to combine some events just so it can run more smoothly.
10. Team camps should be set up at the south end of the track, by the concession stand or on the south side of the bleachers. Competitors should arrive dressed. Dressing facilities will not be available. **The high school building is off limits.** Restrooms are located at the west end of the concession stand.
11. Spikes are not permitted in the bleachers.
12. No athletes or spectators will be allowed on the infield. Coaches and administrators are responsible for the supervision of their students and fans.
13. Competitors must wear official school uniforms, or they will be disqualified.
14. We will provide starting blocks. Schools should bring their own batons.

15. Field Events:

- a. The starting heights for the pole vault and high jump will be decided at the coaches meeting before the meet.
- b. There will be a weigh-in station for the shot put and discus in the concession stand. Please instruct your throwers to weigh in immediately upon arrival. Implements not meeting state requirements will be kept in the concession stand until after the meet. Implements, which pass inspection, will be pooled for use by all contestants.
- c. Each competitor in the shot put, discus, long jump, and triple jump will have four trials only. The long and triple jump will be run cafeteria style.
- d. All contestants in the field events should report to the field event judge prior to the start of the competition. Contestants should also report immediately after being called for each trial and complete the trial within 1.5 minutes after reporting (exception – 2 minutes in the pole-vault). Otherwise, they will be charged with an unsuccessful attempt.

16. Profanity will result in disqualification from the meet.

17. Coaches should discuss these guidelines with your athletes.

18. All schools will help pick and time during the meet. Please have your own watch.

Any items not covered in this information packet will be handled according to the 2017-2018 MSHSAA Track and Field Manual. Please study your manual

3:30 ALL FIELD EVENTS BEGIN

- Girls' discus followed immediately by Boys' discus (4 throws)
- Boys' shot put followed immediately by Girls' shot put (4 throws)
- Boys' and Girls' Javelin – Cafeteria style (4 throws)
- Boys' and Girls' long jump (4 jumps)
- Boys' pole vault followed immediately by Girls' pole vault
- Girls' high jump followed immediately by Boys' high jump
- Boys' and Girls' long jump (4 jumps)
- Boys' and Girls' triple jump (4 jumps)

4:00 FINAL RUNNING EVENTS BEGIN

4 x 800 meter relay
100/110m HH
100m Dash
4x200m Relay
1600m Run
4x100 Relay
400m Dash
300m LH
800m Run
200m Dash
3200m Run
4x400m Relay