



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 26, 2019

SCHOOLS ATTENDING:

Elsberry, Orchard Farm, St. Dominic, Winfield

GENERAL INFORMATION:

- 1) Times: Field Events: 3:30 Running Events: 4:00
- 2) Coaches meeting: Located at the starting line in the infield at 3:00pm.
- 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) 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 like a normal meet and do our best to have a JV race and then a varsity race (ex: we will call all athletes for the 4x800 to the bullpen, we will divide them into JV/V and boys/girls.)
 - (1) May combine some events (boys and girls) so the meet runs 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. 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.

OFHS will provide timers for all running events and will take care of Pole Vault. You will need to sign up for at least one field event for girls AND boys and one exchange zone. Please contact Coach Yount, byount@ofr5.com with your preference on work assignments.

3:30 ALL FIELD EVENTS BEGIN – 3 attempts in each event

- Girls' discus followed immediately by Boys' discus
- Boys' shot put followed immediately by Girls' shot put
- Boys' and Girls' Javelin – Cafeteria style at conclusion of shot and disc.
- Boys' and Girls' long jump – Cafeteria Style followed by
 - Boys and girls triple jump – Cafeteria Style
- Boys' pole vault followed immediately by Girls' pole vault
- Girls' high jump followed immediately by Boys' high jump

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