

2027 SEMO

All-Comers Meet #1

Friday & Saturday, Jan. 8-9, 2027

(Pole Vault Only on Friday**)**

Southeast Missouri State University

Student Recreation Center

Meet Information

Entry Information

REGISTRATION/CHECK-IN

Entries are to be done at www.directathletics.com
Registration closes on Jan. 7, at 1:00 p.m. central.
***No entries will be accepted after registration closes. There is NO day of entry. ***
***$25 entry per athlete, unlimited events. ***
****All entry fees must be paid online on Direct Athletics.com****
****All entries fees are non-refundable****

Age Divisions: Junior High/middle School (grades 5-8) & High School (grades 9-12)

Direct link to our meet is on the Southeast Missouri State Track and Field site,
https://semoredhawks.com/sports/track-and-field

SPECTATOR INFORMATION

There is no fee for entry. Longer distance runners can warm up outside and reenter with no issue. Please stick to the designated spectator areas. No spectators will be allowed within competition areas or on the Recreation Center's equipment.

GENERAL INFORMATION

Spikes:
Only ¼ inch spikes or smaller will be allowed on the indoor track surface. **Spikes cannot be taken on the basketball courts surfaces.** This will be well labeled and is a **zero-tolerance policy**. You will be removed from the facility if this rule is broken. Again, we appreciate your cooperation with this, as we do not want to damage that flooring.

Hurdles:
All hurdles will be run at high school height/length, regardless of age or grade.

Running event check-in:
Runners report to the clerk to check-in ***at least 15 minutes*** before the start of their event. If you are in a running event and field event at the same time, prepare for the running event first, and we will accommodate you for the field events later. Inform the official running the field event of the issue, and they will hold your place.

Field event check-in:
If you are participating in a field event, report to the judge ***at least 30 minutes*** prior to the event. Warmups are limited to the designated time frame. All horizontal jumping and throwing events will be four attempts, cafeteria style.

Implement weigh-in:
Will take place right before the start of the event. The implement weigh-in table will be next to the shot-put ring in the throws area.

Bib and Hip numbers:
All running events need to have their hip and chest numbers on the ***left*** side. Hip numbers will only be needed for the 400, 800, mile & 3000. Field event athletes will not need numbers.

Results:
Results will be posted on SEMORedhawks.com, the official website of the Southeast Missouri State Redhawks.

Questions or Concerns:

Ryan Lane	Eric Crumpecker
573-275-6909	573-986-8742
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All Comers Track & Field Meet

ORDER OF EVENTS

****FRIDAY JANUARY 8 –*** POLE VAULT ONLY*****

5:00 pm - Pole Vault – All girls followed by all boys

Saturday January 9

FIELD EVENTS

10:00 a.m. Long Jump Competition Begins All divisions, 4 attempts, cafeteria style

10:30 a.m. Weight Throw competition Begins, All divisions, 4 attempts, cafeteria style

11:00 pm Shot Put Competition begin All Divisions, 4 attempts, cafeteria style

12:00 p.m. Triple Jump competition begins All Divisions, 4 attempts, cafeteria style

1:30 p.m. High Jump competition begins all girls followed by all boys

RUNNING EVENTS

The running events will begin at **12:30 p.m.** and be on a rolling schedule. The order of the heats will be as follows: Men's High School/Jr. High, Women's High School/Jr. High. If the events have minimal participation, divisions (but not genders) will be combined to save time and increase competitiveness.

12:30 p.m.

55-Meter Hurdles

55-Meter Dash

Mile Run

400-Meter Dash

800 – Meter Run

200-Meter Dash

3000 Meter Run