

# Van-Far Open Meet

Date: March 18<sup>th</sup>, 2024, Monday

Entries: All entries must be done through [MileSplit](#). The entries must be in NO LATER than **March 18<sup>th</sup> at 9:00 AM** (4 per individual event, 2 relay team)

Starter: Liz Wallace

Heat/Flight: [Click Here](#) to see heat and flight sheets

Teams: Wellsville, Wright City, Community R-6, MMA, Clopton, and Van-Far

Results: [TRXC Timing](#) will be handling timing and live results

Scores: No Team scores

## Meet Questions

Van-Far AD

Dustin Elledge

[delledge@vf.k12.mo.us](mailto:delledge@vf.k12.mo.us)

## Registration Questions

TRXC Timing

Rich Schilling

[rich@trxctiming.com](mailto:rich@trxctiming.com)

### **Field Events 4 p.m.**

High Jump  
Pole Vault  
Long Jump  
Triple Jump  
Shot Put  
Discus  
Javelin

### **Running Events 4:30 p.m.**

4x800 Meter Relay  
100 Meter Hurdles  
110 Meter Hurdles  
100 Meter  
4x200 Meter Relay  
1600 Meter  
4x100 Meter Relay  
400 Meter  
300 Meter Hurdles  
800 Meter  
200 Meter  
3200 Meter  
4x400 meter relay