



Bowling Green Middle School
Track Invitational
April 24th, 2023
3:15 pm – Field Events
4:30 pm – Running Events

Dear Athletic Directors:

We are looking forward to having you at the Bowling Green Middle School Track Invitational. You will be allowed 2 entries per team in all running events and 2 entries in the field events. Teams may enter two-relay teams in all relay events. All entries must be submitted on momile ([Online Entry Link](#)). **All Entries are due by April 24th at 9:00am.** NO LATE ENTRIES WILL BE ACCEPTED. Please pay close attention to the entry deadline. TRXC Timing will be on hand to time the meet.

Coaches meeting at 3:00 pm. Field Events will start at 3:15 pm. Running events will start at 4:30 pm. Coaches may be asked to help with a field event. We will not have the javelin.

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

Entry Fee is \$250

Medals Top 3

Matt Chance – Activities Director

Coaches meeting at start line 3:00 pm

Field Events – Will start promptly at **3:15 pm**

Boys Discus (Girls to follow)-3Throws

Girls Shot Put (Boys to follow)-3 Throws

Girls High Jump (Boys to follow)

Girls and Boys Triple Jump– Cafeteria style-Three Jumps

Girls and Boys Long Jump (at conclusion of Triple Jump) – Cafeteria style-Three Jumps

Boys Pole Vault (Girls to follow)-

Order of Events – Start at **4:30**

4X800

100m hurdles

100m dash

4X200m relay

1600m run

4x100m relay

400m dash

800m run

200m dash

4x400m relay

Workers for the BG Open Track Meet

(Please report to your field event by 3:00 pm. 3 throws/jumps)

Shot – Eddie Linear

Discus – Dan Grimes

Long Jump- Jared Runyon

Triple Jump- Jared Runyon

Pole Vault- Nick Koettters

High Jump – BG

Hurdle Chasers – HS Kids

Relay Exchanges:

4x1 Relay 1st exchange – Clopton/Community

4x1 Relay 2nd Exchange – Elsberry / Louisiana

4 x 1 Relay 3rd Exchange – Silex / Wellsville

4x2 Relay – 1st and 3rd Exchange – Winfield / Hermann

Medals-Becky Turner

Announcer – Sam Krankka

Bull Pen – Cary Bibb