

CMU HIGH SCHOOL INVITATIONAL MEET INFORMATION

- Date: Tuesday, April 4, 2023
- Site: Central Methodist University
Davis Field – William L. Hairston Track
- Time: Field Events start at 1:00 PM
Running Events start at 2:00 PM
- Entries: Registration will be online at [MoMileSplit](#). [TRXC](#) will be timing the meet.
We are limiting entries to 4 athletes per event.
All entries must be done by **April 4th, by 9:00 AM**
- Entry Fee: \$150 per school per gender (boys and girls combined would be \$300).
- Scoring: Team scores will be kept.
- Heat/Flight: [Click Here](#) to see heat and flight sheets
- Check In: All running event participants need to check in with the clerk 20 minutes prior to their event at check-in table located next to the training room at the south end of the stadium. Field event athletes should check in at least 30 minutes prior to their event at the competition site.
- Results: Results will be posted throughout the meet on the wall of the locker room complex at the south end of the track. Final results will be available after the conclusion of the meet. Results will be posted online at www.centralmethodist.edu after the meet.
- Showers: Lockers/shower facilities are available upon request.
- Field Events: Four attempts in all throwing and horizontal jumps.

2023 CMU HS INVITATIONAL TRACK & FIELD MEET

Tuesday, April 4th, 2023

TENTATIVE
Time Schedule

Field Events

1:00 PM Boys Discus (Girls to follow)
1:00 PM Girls Shot Put (Boys to follow)
1:00 PM Boys Pole Vault (Girls to follow)
1:00 PM Girls Long Jump
1:00 PM Boys Long Jump
Boys & Girls Triple Jump to follow long jump
1:00 PM Girls High Jump (Boys to follow)
Boys Javelin will start after the completion of the Girls Discus.

Running Events

2:00 PM (Rolling schedule) Girls, followed by boys.

4 x 800
100 Hurdles
110 Hurdles
100 Dash
4 x 200
1600
4 x 100
400
300H
800
200
3200
4 x 400