



DEXTER PUBLIC SCHOOLS ATHLETICS

1101 WEST GRANT STREET

DEXTER, MO 63841

573/614-1030



DEXTER TRACK AND FIELD OPENVITE

- **Date/Time:** Tuesday, April 1, 2025 at 1:30pm.
- **Registration:** Please submit entries on [MoMileSplit](#) no later than March 31st, 2025 at 9:00AM CST. This will be an open meet. You may have an unlimited number of athletes entered into an event. However, you must still follow MSHSAA rules and only have an athlete entered into no more than 4 events.
 - For questions about entries please contact Paul Golian via email: paul@trxctiming.com
- **Heat/Flight Sheets** will be available through [TRXC Timing](#)
- **Meeting:** Coach's meeting will be held at 1:00pm by the scoreboard.
- **Facility:** Our track is an eight-lane, all weather facility. This includes the jump areas and the javelin runway. The bullpen will be in the southeast corner of the track. Please use needle spikes that are no longer than 3/16". Anything larger than a 3/16" spike will damage the track. Use of longer spikes will result in disqualification (Rule 3-1-6).
- **Events:** Long jump will be run cafeteria-style beginning at 1:30 and lasting for 2 hours. Triple Jump will be run cafeteria style immediately following Long Jump. All field event competitors will get 3 attempts, with no finals. Long and Triple will have a minimum distance mark. All athletes' first fair attempt will be measured. After that, if the athlete doesn't reach the minimum mark their attempt will not be measured. Athletes need to report on the second call. To save time shot, disc, and javelin will be 3 throws (in succession) and we will only measure the farthest throw.
- **Entry Fee:** \$200 per team to help cover our timing company, TRXC Timing.
 - Please send fees to: Dexter High School Attn: Josh Dowdy | 1101 W Grant, Dexter, MO 63841
- **Meet Help:** We will need help running the meet, especially with exchange zones & hurdles.
- **Busing:** Please drop off at the gate near the tennis courts on the south end of the track. This will allow easy access to unload athletes along with any equipment/supplies. We will have someone in place to help direct bus parking.
- **Tent City:** Tents should be set up on the west side of the track.

ADDITIONAL INFORMATION

- **Please tell athletes to stay clear of the timing trailer.**
- Results will be uploaded on MoMileSplit following each event.
- Please ensure your athletes come dressed. No locker rooms will be available. Please help keep all athletes off the football field. Athletes should stay in the bleachers or in tent city when not competing.
- There will be a concession stand available. The concession stand will open at 12:00pm. Bathrooms are located by the concession stand.
- We will be providing Hickory Log ribs for coaches and bus drivers.
- If you have any questions, please contact Coach Chad Jamerson at cjamerson@dexter.k12.mo.us.

Dexter OpenVite Time Schedule

Anthem: 1:20

Field Events: 1:30 3:30

Boy's Discuss	Girl's Discuss
Girl's Shot	Boy's Shot
Boys Javelin	Girls Javelin
Boys High Jump starting height 5'6.	Girls High Jump starting height 4'
Boys Long Jump min mark 18'	Boys Triple Jump min mark 36'
Girls Long Jump min mark 13'	Girls Triple Jump min mark 27' 6"
Boys Pole Vault starting height 9'	Girls Pole Vault starting height 6'6"

Running Events: 2:15pm -Girls followed by boys (rolling schedule)

4x800m
Girls 100m HH
Boys 110m HH
100m Dash
4x200m
1600m Run
4x100m
400m Dash
Girls 300m LH
Boys 300M IH
800m Run
200m Dash
3200m Run
4x400m