



Farmington Middle School Invitational

Monday, April 15th, 2024
Farmington High School



FMS INVITATIONAL | MEET INFORMATION

- Entries:** For entries please visit: [milesplit](https://www.milesplit.com)
- Teams are allowed three entries per individual event and one relay team
- Scratches/Changes:** Coaches can manage their entries until **Monday April 15 at 9:00 am** – [Scratches/Changes](#)
- Entry Fee:** Cost per gender is \$125 (\$200 for both boys and girls teams)
If you have fewer than 10 athletes per gender, the fee is \$10 per athlete
- Entry Information:** Paul Golian- Paul@trxctiming.com
- Meet Questions:** Adam Gross agross@farmington.k12.mo.us
- Coaches Meeting:** Meeting will be held in the Farmington Athletic Complex. This is the indoor facility just behind the track stadium. **The meeting will begin at 3:00 p.m.** NO Additions or Substitutions at this meeting (Please use the online system for changes)
- Team Scoring:** 10, 8, 6, 5, 4, 3, 2, 1
- Track Notes:** 3/16" pyramid spike is the recommended size. We will allow spikes as long as 1/4".
- Field Notes:** Contestants in the shot and discus may use their own implements, but they will be placed in a pool to be used by all contestants.
- Awards:** Individual Medals for Top 5 Finishers in each event. Plaques for 1st place Boys & Girls teams.
- Parking:** Please park all school buses and vehicles in the large lot at the end of Hyler Drive near the new Farmington Athletic Complex indoor facility. Please do not drop off or park buses in the student lots off of Black Knight Drive.
- Live Results** [trxctiming](https://www.trxctiming.com)
- Meet Program** [Click Here](#) for Heat/Flight Sheets

FMS INVITATIONAL || TIME & DECLARATION SCHEDULE

All athletes should pay close attention to all events calls and to the running order of events.

Coaches Meeting: 3:00 PM

Field Events: *Rolling Time Schedule*

3:30 PM

Long Jump (Cafeteria Style)
Triple Jump (Cafeteria Style)
Boys High Jump (Followed by Girls)
Girls Pole Vault (Followed by Boys)
Boys Shot Put (Followed by Girls)
Girls Discus (Followed by Boys)

Shot and Discus will be contested in flights. Each athlete will get three attempts

Running Events: *Rolling Time Schedule*

4:00 PM

Open 800 Meter Run* (unlimited entries, boys and girls will run separately)	
Sprint Medley (100-100-200-400)* – ONE entry per school please	Finals
4x800 Meter Relay	Finals
100 Meter Hurdles	Finals
100 Meter Dash	Finals
4x200 Meter Relay	Finals
1600 Meter Run	Finals
4x100 Meter Relay	Finals
400 Meter Dash	Finals
800 Meter Run	Finals
200 Meter Dash	Finals
3200 Meter Run	Finals
4x400 Meter Relay	Finals

*The open 800 meters and the Sprint Medley will not be scored, but we are asking that you officially enter your athletes so they can get a hip number and have an official time in Milesplit. We will award medals to the top five in both events.

Like last year, we WILL score the 3200 meter run!