



Inaugural Lindbergh Flyers Boys South County Invite

Schools: Lindbergh, Mehlville, Jennings, Metro, Ritenour

Date: Saturday, April 25th, 2026

Divisions: Varsity Division | 2 individual Entries 1 relay
Freshman/Sophomore Division | 4 individual Entries 1 relay

No crossover between Divisions will be allowed

Entries: Will take place on [AthleticNET](#). **ALL entries will be due NO LATER than Friday, April 24th, at 9:00AM CST. No late entries will be accepted! Scratches only at coaches' meeting!**

Entry questions? Reach out to Paul Golian - paul@trxctiming.com
[MSHSAA Athletic.net Helpsheet](#)

Scoring: 10, 8, 6, 5, 4, 3, 2 & 1

Heat/Flight Sheets: [Click here](#)

Awards: Top 3 medals in each division, a first-place team trophy for each division winner (varsity and freshman)

Surface: 8 Lane rubberized track. We allow 3/16" and **below** on the track and runways.
NO TAPE ON THE TRACK OR RUNWAYS! Chalk or Tennis Balls

Seeding: Heats/Flights will be seeded by time and distances entered.

Live

Results: TRXC Timing | <https://liveresults.trxctiming.com/>

Meet

Questions: John McNamara | johnmcnamara@lindberghschools.ws

Bus

Parking: Athletes will be dropped off at the track and then all buses will park at Sperreng Middle School on Concord School Road. (about 1 mile away)





Field Events(Shot, Disc, Jav, LJ, TJ) - 4 Throws/Jumps **NO FINALS**

9:00 AM - Coaches Meeting

10:00 AM - Freshman/Sophomore- High Jump, Long Jump, Discus, Jav
Varsity-Pole Vault, Triple Jump, Shot Put

12:00 PM- Freshman/Sophomore- Pole Vault, Triple Jump, Shot Put
Varsity: High Jump, Long Jump, Discus, Jav

IMPORTANT- For the High Jump and Pole Vault, the starting height will be as follows... TBD

The events WILL NOT wait for athletes. Athletes who miss a height will be passed and rejoin the competition at the height it is at.

Consider this when making entries.

Opening Height- Freshman HJ - TBD

Varsity HJ- TBD

Opening Height - Freshman PV - TBD

Varsity PV - TBD

Running Events

9:45am Open 1600

10:30am Rolling Schedule | Fr/SO will precede Varsity

4x800 Meter Relay

110 Meter Hurdles

100 Meters

4x200 Meter Relay

1600 Meters

4x100 Meter Relay

400 Meters

300m Hurdles

800 Meters

200 Meters

3200 Meters

4x400 Meters

