



2025 Malden High School Track and Field Invitational

Contact Information: Coach Vent | 573-559-4906 | Email: brianvent@maldenmoschools.org

Athletic Director: Tim Harmon | 573-718-7728 | Email: timharmon@maldenmoschools.org

Meet Info: Malden High School will be hosting an Invitational on Thursday, April 3rd, 2025.

Coaches: Scratch Meeting 3:30 in FEMA Building (East Side Entrance). Scratches only on the day of meet. Adds will not be accepted.

Hospitality Room: Will be open to all officials, coaches, and bus drivers.

Divisions and Entry Fee: Varsity boys and girls divisions. The entry fee will be \$125 per team per gender or \$ 250 for both. Entry fees must be received before the meet on April 2nd, 2024.

Registration: All entries will be completed on [MoMileSplit](https://www.momilesplit.com). Entries will open Mon, 3/24 @ Midnight. **All entries must be completed NO LATER than Thursday, 4/03, at 9:00AM CST.** Any questions regarding entries please reach out to Brian Vent brianvent@maldenmoschools.org / 573-559-4906

Entries: Limited to 2 participants per event per school and 1 relay per school. Athletes may participate in up to 4 events.

Heat/Flight Sheets: [Click here](#) for heat/flight sheets

Please send fees and registration to:
(Make checks payable to Malden R-1 School District)
Malden High School Attn: Tim Harmon
601 Burkhart Street
Malden, MO 63863

Performance Lists: Lists will be generated by **TRXC Timing**. Results will be live during the meet and will be posted after the meet on MileSplit.

SCORING: 10-8-6-5-4-3-2-1

SEEDING: Heats/Flights will be seeded by time and distances entered. All running events will be scored as "heats against time." There will be **NO PRELIMS!** We'll heat by time; the last heat will be considered the "hot heat!"

AWARDS: Medals to the top 3 in each event. Plaques will be awarded to the top team in each division.

Concessions: Full Concessions will be available during the meet.

TEAM TENTS (SEE MAP): Tents may be placed in the outside grass area along the Northeast corner of the track just North of the visitor bleachers. All teams should use the visitor bleachers on the East Side. Coaches are responsible for the supervision of their athletes. Trash cans will be provided for trash disposal.

GAMES COMMITTEE: All coaches not involved in the occurrence that needs to be adjusted.

RUNNING SURFACE: STOBITAN® RUNNING TRACK SYSTEMS by Fisher Tracks. 400 m six lane track. 3/16" spikes are to be used or smaller. Jump runways are the same surface. Please adhere to the spike rule.

WORK ASSIGNMENTS: Malden High School will try to provide all necessary workers in order to allow coaches the opportunity to concentrate on the coaching and supervision of their athletes. We will have assigned schools as "relay exchange judges" for sprint relays, in which case each school assigned will provide 2 coaches at each exchange point.

Relay Exchanges TBA

4x100 1st, 2nd, 3rd

4x200 1st & 3rd

4x400 and 4x800 Malden and official (Break Line)

Running Events *Starts 4:15*

4x800m

100m Hurdles

110m Hurdles

100m dash

4x200m

1600m

4x100m

400m

300m Hurdles

800m

200m

3200m

4x400m

Field Events *Start at 4:00*

All jumps and throws will have 4 attempts per athlete.

Athletes have 2.5 hours to complete Long and Triple Jump Long Jump (cafeteria style)

4:00 – 6:30

High Jump - Ladies to be followed by Men (South End of Track)

Opening Heights: Girls 4' / Boys 5'

Shot put - Ladies to be followed by Men (See Map)

Discus - Men to be followed by Ladies (See Map)

Javelin - Men to be followed by Ladies (See Map)

Pole Vault – Men to be followed by Ladies (North End of Track)

Malden High School Track and Field Meet Map

← NORTH

