



# 2024 JH BULLDOG INVITATIONAL

Wednesday, April 3, 2024  
Sikeston High School

## Schedule

Coaches Meeting - 3:00  
Field Events - 3:30  
Running Events - 3:30

## Awards

Plaques will be awarded to the top three teams in each division. Medals will be awarded to the top 3 finishers in each event.

## Parking

Parking is provided by the Tennis Courts and Fieldhouse.

## Registration: [Online Entry Link](#)

Must be submitted to MoMileSplit no later by **April 2, 2024 at Midnight CT.** you will only be **allowed to scratch after.** Scratches/Changes are due no later than **April 3, 2024 at 9:00am**  
Registration questions email [Paul Golian](#) – [TRXC Timing](#)

**Entry Limits:** 2 entries per Individual event  
1 Entry per Relay

Heat/Flight sheets: [Click Here](#)

## Entry Fee

The meet will consist of two divisions: JH boys and girls. The entry fee will be **\$300 for both together or \$150 each or \$25 an individual.** Entry fees must be received before the meet on **April 3rd or you will not be able to participate.**

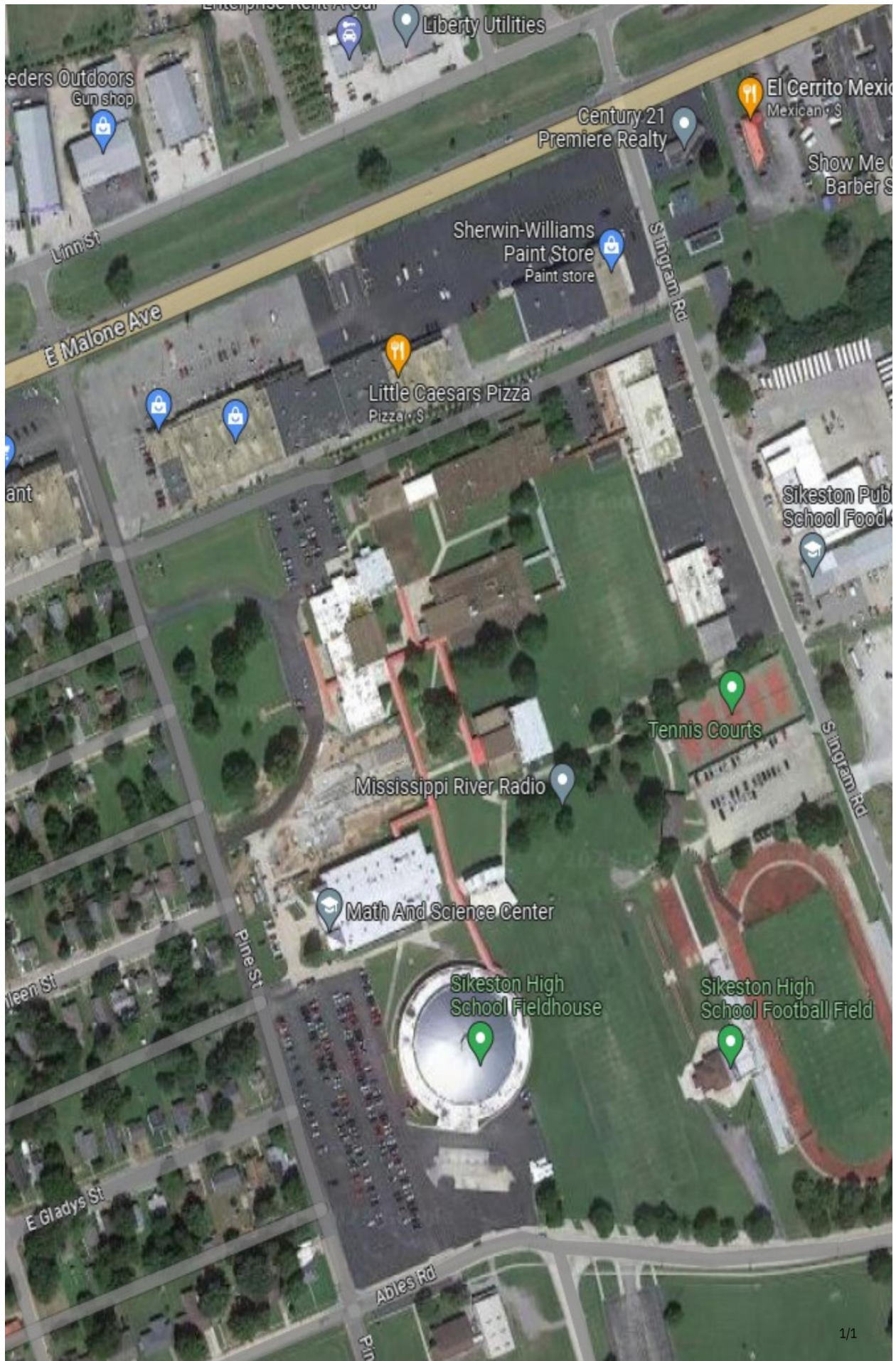
Please send fees and registration to:

**Sikeston High School**  
**Attn: Frank Staple**  
**200 Pine St**  
**Sikeston, MO 63801**

## Contact Information

Cell: 573-380-7045  
Cell: 573-714-1136

Email: [djames@spsr6.org](mailto:djames@spsr6.org)  
Email: [jfreeman@spsr6.org](mailto:jfreeman@spsr6.org)



# Running Events

**\*Starts 3:30\***

**100m Hurdles**

**100m dash**

**4x200m relay**

**1600m**

**4x100m relay**

**400m**

**800m**

**200m**

**4x400m relay**

## **Field Events**

**\*Starts 3:30\***

**Open 15 minutes at 3:15 & 5:00**

**3:30 - 5:00 & 5:15 - 6:45**

**\*We will try to stay on schedule\***

**Triple Jump - Girls followed by Boys**

**High Jump - Girls followed by Boys**

**Shot put - Girls followed by Boys**

**Long Jump - Boys followed by Girls**

**Discus - Boys followed by Girls**