

Timberland

2021 Wolfpack Invitational

Coaches Information

Welcome to the 19th annual Wolfpack Invitational on April 10, 2021. We are looking forward to hosting an exciting meet. This year, the format will again be a Varsity Only Competition and we are allowing 2 entries per individual event and 1 per relay. Please adhere to deadlines to ensure enough time to appropriately seed athletes and organize work assignments. All entries will be done at trxctiming.com. Contact Tim Woodson at 636.515.1858 with any questions or concerns.

- We will be using the TRXC Timing LLC for seeding, automatic timing and scoring. Go to [MoMileSplit](#) to enter athletes by **5pm on April 7, 2021**. Please e-mail any questions to timothywoodson@wsdr4.org.
- **Entries can be managed until 9am on April 9, 2021**
- This will be a Varsity competition. 2 entries for each individual running event, 2 entries for each field event and 1 relay per team.
- NFHS and MSHSAA rules will apply.
- Each team needs to provide a coach to help run a field event. Timberland HS will provide tape pullers, people to rake, bar setters, etc. Please select your preferred event on the following page. TRXC timing LLC will be providing timing.
- Please Return Work Assignments By April 5, 2020. We will do our best to assign you to one of your top 2 choices.
- The cost this year will be \$400 for both genders and \$200 for one. Please make checks payable to:
Timberland High School
Attn: Todd Hayes
559 E. Highway N
Wentzville MO 63385

Thanks,

Tim Woodson - Timberland Boys Head Coach

Justin Shiroma - Timberland Girls Head Coach

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Order of Events

- 8:30 a.m. - Coaches Meeting**
- 9:00 a.m. - Field events (4 attempts, no finals)**
*Boys Shot - Followed by Girls
*Girls Discus- Followed by Boys
*Girls Pole Vault - Followed by Boys
*Boys and Girls Long Jump
*Girls High Jump- Followed by Boys
- 12:00 p.m. - Field Events (4 attempts, no finals)**
*Boys Triple Jump
*Girls Triple Jump
*Girls Javelin *Boys Javelin
- 9:45 a.m. - Running Events-Girls followed by boys. There will not be prelims in running events. Heats will be seeded by time.**

*****I will email a time schedule and work assignments Thursday prior to the meet after all entries have been submitted.**

**4 x 800m Relay
100m/110m High Hurdles
100m Dash
4 x 200m Relay
1600m Run
4 x 100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3200m Run
4 x 400m Relay**