



## TRUMAN STATE INVITATIONAL

April 4<sup>th</sup>-5<sup>th</sup>, 2024

### Meet Information



- Location:** Stokes Stadium on the campus of Truman State University
- Entries:** Team entries are to be done online at [Direct Athletics](#). Entries will be accepted until **Wednesday April 3<sup>rd</sup> at 12:00pm**, at this time they will be final so we can set the schedule and give teams time to finalize travel. If using speculative marks, please link to results and put justification for consideration.
- Entry Limit:** Unlimited Entries
- Performance List:** [Performance List](#)
- Heat/Flight Sheets:** [Heat/Flight Sheets – Thursday](#)      [Heat/Flight Sheets - Friday](#)
- Entry Fee:** \$300 per team (men and women are separate) or \$30 per athlete if less than 10. Payment done on Direct Athletics. Unattached athletes in Running Events open to anyone. Field events, email Collin Nurenberg (cnurenberg@truman.edu) to be considered for entry, (will depend on size of meet and if there is space for more people).
- Admission:** Free
- Schedule:** An updated meet schedule will be emailed out after the scratch/change deadline.
- Weight in:** Throwing implements weighed in at gray throws shed by throws field, south of stadium.
- Spikes:** 1/8" or 1/4" spikes only
- Results:** [TRXC Timing](#)
- Meet Questions:** .  
Head Coach, Leslie Hardesty ([hardesty@truman.edu](mailto:hardesty@truman.edu))  
Assistant Coach, Collin Nurenberg, (248-935-0892) ([cnurenberg@truman.edu](mailto:cnurenberg@truman.edu))
- Entry Questions:** Rich Schilling – TRXC Timing – 314-522-6176 – [rich@trxctiming.com](mailto:rich@trxctiming.com)

**BULLDOGS**  
**TRACK & FIELD**



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## Time Schedule

Revised 4/3/24 @ 4:00 pm



### Thursday April 4<sup>th</sup>

3:00pm

Women's Discus – (Men to follow) (*Field North of track*)

### Friday April 5<sup>th</sup>

#### Field Events

11:00am

Men's Javelin – (Women to follow) (*Field South of stands*)

11:00am

Women's Shot Put – (Men to follow) (*Field South of stands*)

11:00am

Women's Long Jump – (Men to follow) (*Field North of track*)

11:00am

Men's Pole Vault – (Women to follow) (*Field North of track*)

2:30pm

Men's High Jump – (Women to follow)

2:30pm

Women's Triple Jump – (Men to follow) (*Field North of track*)

2:30pm

Men's Hammer Throw – (Women to follow) (*Field South of stands*)

#### Track Events (All Heats Slow To Fast) (Will Not Go Ahead Of Schedule)

1:30pm

Men's 110m Hurdles Prelims

1:35pm

Women's 100m Dash Prelims

1:40pm

Men's 100m Dash Prelims

2:00pm

Senior Recognition

2:15pm

Women's 4x100m Relay

2:20pm

Men's 4x100m Relay

2:30pm

Women's 1500m

2:40pm

Men's 1500m

2:55pm

Men's 110m Hurdles Finals (Top 8)

3:00pm

Women's 100m Hurdles Finals

3:05pm

Women's 100m Dash Finals (Top 8)

3:10pm

Men's 100m Dash Finals (Top 8)

3:15pm

Women's 400m Dash

3:20pm

Men's 400m Dash

3:30pm

Women's 800m Run

3:40pm

Men's 800m Run

3:55pm

Women's 400m Hurdle

4:05pm

Men's 400m Hurdle

4:20pm

Women's 200m Dash

4:25pm

Men's 200m Dash

4:40pm

Women's Steeplechase

5:00pm

Men's Steeplechase

5:20pm

Women's 4x400m Relay

5:30pm

Men's 4x400m Relay

5:35pm

Thrower's 4x100m Relay

5:45pm

Women's 5K

6:10pm

Men's 5K

#### Jump Progressions:

#### Pole Vault Men

3.75  
3.90  
4.05  
4.20  
4.35  
4.50  
4.60  
4.70  
4.80  
4.90

#### Pole Vault Women

2.60  
2.70  
2.80  
2.90  
3.00  
3.10  
3.20  
3.30  
3.40  
3.50

#### High Jump Men

1.60  
1.65  
1.70  
1.75  
1.80  
1.85  
1.90  
1.95  
2.00  
2.05

#### High Jump Women

1.20  
1.25  
1.30  
1.35  
1.40  
1.45  
1.50  
1.55  
1.60  
1.65