

Van-Far HS Invitational

- Date: April 15th, 2024. Monday
- Entries: All entries must be done through [MileSplit](#). The entries must be in NO LATER than **April 15th at 9:00 AM** (2 per individual event, 1 relay team)
- Medals: Top 4 individuals and top 3 relay teams
- Starter: Charley Welker
- Heat/Flight: [Click Here](#) to see heat and flight sheets
- Teams: Wellsville, MMA, Mark Twain, Silex, Clopton, Paris, Van-Far
- Results: [TRXC Timing](#) will be handling timing and live results

Meet Questions

Van-Far AD
Dustin Elledge
delledge@vf.k12.mo.us

Registration Questions

TRXC Timing
Rich Schilling
rich@trxctiming.com

- 1) Athletes are limited to 4 events. Each school is allowed 2 entries per event and 1 relay team per event.
- 2) Track and runway surfaces are rubber, use 3/16 or 1/8 inch spikes please
- 3) Discus and shot rings are concrete. Javelin runway is a rubber runway.
- 4) No dressing rooms are available.
- 5) High school building is off limits to students.
- 6) Starting blocks will be furnished.
- 7) Please stay off the football field as much as possible.
- 8) Do not wear spikes in the bleacher area.
- 9) Long jump and triple jump will be cafeteria style.
- 10) Starting heights for pole vault and high jump will be determined at coached meeting.
- 11) There will be a concession stand available.
- 12) Please don't forget to up your medals before you leave.
- 13) Do not use chalk on the runways or track surfaces. Use other means to mark your spots for long jump, triple jump, high jump, and pole vault etc.
- 14) All team camps must be outside of track.

Field Events 4 p.m.

Long Jump
Triple Jump
Pole Vault
High Jump
Javelin
Discus
Shot Put

Running Events 4:30 p.m.

4x800 Meter Relay
100 Meter Hurdles
110 Meter Hurdles
100 Meter
4x200 Meter Relay
1600 Meter
4x100 Meter Relay
400 Meter
300 Meter Hurdles
800 Meter
200 Meter
3200 Meter
4x400 Meter Relay

