

Van-Far Jr High Invite

- Date: April 25th, 2024, Thursday
- Entries: All entries must be done through [MileSplit](#). The entries must be in NO LATER than **April 25th at 9:00 AM** (2 per individual event, 1 relay team)
- Medals: Top 4 individuals and top 3 relays
- Starter: Liz Wallace
- Heat/Flight: [Click Here](#) to see heat and flight sheets
- Teams: Bowling Green, Clopton, Louisiana, MMA, Montgomery County, North Callaway, Paris, Silex, Wellsville, and Van-Far
- Coaches
- Meeting: 3:30 PM
- 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

Van-Far Track Meet

1. Athletes are limited to 4 events. Each school is allowed 2 entries per event and one 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 decided at coaches meeting.
11. There will be a concession stand available.
12. Please don't forget to pick 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. See map for where along with bus parking.

Field Events 4 p.m.

Long Jump

Triple Jump

Shot Put

Discus

High Jump

Pole Vault

Running 4:30 p.m.

4x800Meter Relay

100 Meter Hurdles

100 Meter

4x200 Meter Relay

1600 Meter Run

4x100 Meter Relay

400 Meter

800 Meter

200 Meter

4x400 Meter Relay