

# Van-Far Jr High Invite

- Date: April 25<sup>th</sup>, 2024, Thursday
- Entries: All entries must be done through [MileSplit](#). The entries must be in NO LATER than **April 25<sup>th</sup> 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, Paris, Wellsville, Silex, Montgomery County, Van- Far
- Results: [TRXC Timing](#) will be handling timing and live results

## Meet Questions

Van-Far AD  
Dustin Elledge  
[delledge@vf.k12.mo.us](mailto:delledge@vf.k12.mo.us)

## Registration Questions

TRXC Timing  
Rich Schilling  
[rich@trxctiming.com](mailto:rich@trxctiming.com)

**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