



Washington High School Quad

Borgia, Fulton of St. Albans, Warrenton & Washington

Tuesday, April 7th, 2026

Official: Sophia Olszowka

Meet Manager: Adam Fischer-Athletic Director | adam.fischer@sdownmo.org

Entries: Will be completed on [AthleticNET](#). ALL entries will be due NO LATER than Tuesday, April 7th, at 9:00AM CST. No late entries will be accepted! Scratches only; no additions at coaches' meeting!

Entry questions? Reach out to Paul Golian - paul@trxctiming.com
[MSHSAA Athletic.net Helpsheet](#)

Entry Limits: All Events = Unlimited Entries

Heat/Flight Sheets: [Click here](#)

Field Events Begin Promptly at 4:00pm:

Long Jump (4 attempts)--Girls & Boys--Cafeteria Style— 1.5 hours

Triple Jump (4 attempts)--Girls & Boys--Cafeteria Style— 1.5 hours

Pole Vault (NIX Rules)--Girls Open at 1.85m +15cm (we may run 2 pits)

--Then Boys: Open at 2.30m +15cm

High Jump (NIX rules)--Boys Open at 1.47m +7cm (we may run 2 pits)

--Then Girls: Open at 1.27m +7cm

Throws will be 2+2 attempts:

Javelin (4 attempts) jv Boys - Varsity Boys - Girls

Discus (4 attempts) Varsity Boys - Girls – jv Boys

Shot Put (4 attempts) Girls - jv Boys – Varsity Girls





Washington High School Quad

Running Events Beginning at 4:30pm

All Running Events will be Girls then jv Boys then Varsity Boys.

Events may be combined when possible.

****GIRLS JV DIVISION IS FOR 100m HURDLES ONLY**

4x800m Relay

100m Hurdles jv-30" - Varsity-33"

110m Hurdles jv-36" - Varsity 39"

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles Girls 30" – Boys 36"

800m Run

200m Dash

3200m Run

4x400m Relay

