



WMS Tri Meet

Frontier, Union, & Washington

Tuesday, April 28, 2026

Officials: Sophia Olszowka

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

Entries: All entries must be submitted on [AthleticNET](#). **Entries are due on Tuesday, April 28 at 9 AM. No late entries will be accepted. Scratches only on the day of the meet.** [MSHSAA Athletic.net Help Sheet](#). Questions regarding entries only should be directed to Paul Golian (paul@trxctiming.com).

Entry Limits: All events are unlimited entries.

Heat/Flight Sheets: Can be found [here](#).

Live Results: Can be found on <https://liveresults.trxctiming.com/>.

Field Events Begin Promptly at 4:00pm:

Long Jump (4 attempts)--Girls & Boys--Cafeteria Style--2 hours

Triple Jump (4 attempts)--Girls & Boys--Cafeteria Style--2 hours

Pole Vault (NIX Rules)--Girls Open at 1.85m +15cm
--Then Boys: Open at 1.85m +15cm

High Jump (NIX rules)--Boys Open at 1.30m +7cm
--Then Girls: Open at 1.15m +7cm

Throws will be 2+2 attempts:

Discus (4 attempts) Boys then Girls

Shot Put (4 attempts) Girls then Boys

Running Events Beginning at 4:30pm

All running events will be Girls then Boys. Events may be combined when possible.

4x800m Relay

100m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

800m Run

200m Dash

4x400m Relay

