



Wentzville Middle School Invitational

Tuesday, April 29th, 2025 @ Soby Field, Holt High School

Team Participants: Black Hawk Middle, South Middle, Wentzville Middle, Wright City, Windsor, NP, Veritas

Entries:

- Registration will take place through [MoMileSplit](#)
- All entries must be NO LATER than Mon, 4/28
- Coaches can manage their entries until Tues, 4/29 at 9:00AM CST. No changes or substitutions will be allowed after this time, scratches only at the Coach's Meeting
- Any questions regarding entries only, please reach out to Paul Golian paul@trxctiming.com

Entry Fee: will be divided among schools participating, invoices to follow event

Heat/Flight Sheets: [Click here for heat/flight sheets](#)

Results: Live results will be available through [TRXC Timing](#). Official results will be posted to MoMileSplit at completion of the meet

Coaches Meeting: Located in the Press Box at 3:00pm. Make your own scratches; NO late additions will be allowed. All coaches will be provided with a meal ticket for our Concession Stand.

Field Events start at 3:30. Running Events at 4:00

Awards: We will give 1st, 2nd, and 3rd Place medals in each event along with two team awards.

Scoring: We will score 6 places in the individual events and 6 places in relays. Individual scoring 10-8-6-4-2-1; Relays 10-8-6-4-2-1

Number of Trials: There will be 3 trials in the LJ, TJ, and Shot, and Disc. No finals in any of these events. There is a 90 minute time limit.

Beginning Heights:

- High Jump starts at 4'6" for boys, 3'8" for girls
- Pole Vault (ran together both boys and girls) starts at 5'6"

Field Restrictions: Coaches, please help us keep athletes who are not competing in the stands and away from the finish line and OFF OF THE TURF FIELD, on the outside of the cones and yellow chain. Athletes need to use **spikes no longer than 1/4"** in all running events.

Field Event Judges: We will run all field events and exchange zones. We want you to coach your kids.



Order of Events

Field Events: 4 entries per school

3:30pm

Girls & Boys Pole Vault (both will vault together)
Girls High Jump, followed by Boys
Girls Long Jump (1 hour 30 minute time limit)
Boys Triple Jump (1 hour 30 minute time limit)
Boys Shot Put, followed by Girls
Girls Discus, followed by Boys

4:45pm

Girls Triple Jump (1 hour 30 minute time limit)
Boys Long Jump (1 hour 30 minute time limit)

Running Events and Entry Limitations:

No prelims; heats against time; girls followed by boys

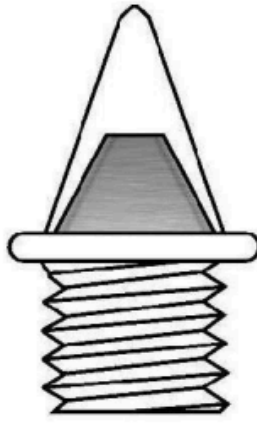
4:00

4x800m Relay (1 team per school)
100m Girls Hurdles (4 entries)
100m Boys Hurdles (4 entries)
100m Dash Girls (4 entries)
100m Dash Boys (4 entries)
4x200m Relay Girls (1 team per school)
4x200m Relay Boys (1 team per school)
1600m Run Girls (4 entries)
1600m Run Boys (4 entries)
4x100m Relay Girls (1 team per school)
4x100m Relay Boys (1 team per school)
400m Dash Girls (4 entries)
400m Dash Boys (4 entries)
800m Run Girls (4 entries)
800m Run Boys (4 entries)
200m Dash Girls (4 entries)
200m Dash Boys (4 entries)
4x400m Relay Girls (1 team per school)
4x400m Relay Boys (1 team per school)

Athletes may not participate in more than 4 events; only 3 may be running!



**NO
Christmas
Tree Spike
Pins**



**1/4"
Pyramid
"Cone Shape"
Only**



**NO
Needle
Spike
Pins**

