

Wentzville Middle School

Invitational

Thursday, April 27th, 2023
Soby Field, Holt High School

Entries:

- Due on **Wednesday, April 26th at 5:00pm** on Mo.Milesplit
- Please enter all athletes online. [Online Entry Link](#)
- Scratches/Changes can be made online until **Thursday, April 27th by 9:00am**
- Scratches/Changes: after 9:00am, only scratches will be allowed; no substitutions at the Coach's Meeting
- Entry Questions? Call Rich Schilling at **314.522.6176**; rich@trxctiming.com

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

Meet Program: [Heat/Flight Sheets](#)

Coaches Meeting: Located in the Press Box at 3:15pm. Make your own scratches; NO late additions will be allowed. All coaches will be provided with a meal ticket for our Concession Stand. Meal ticket is good for a choice of hot dog/cheeseburger/pretzel, chips/candy, and a drink.

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. **Athletes will need to come up to the Press Box and grab their medals as each event is called for results throughout the meet.**

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.

T-Shirt Sales: There will be personalized T-shirts on sale at the meet.

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 & Boys Long Jump (1 hour 30 minute time limit)
Boys Shot Put, followed by Girls
Girls Discus, followed by Boys

4:45pm Boys & Girls Triple 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!**