



## Wentzville South 8<sup>th</sup> Grade Quad

April 03, 2024

- Teams:** Wentzville South/Washington/Frontier/Union
- Start Time:** Field Events at 3:45/Track Events at 4:00
- Scoring:** Individual 5-3-2-1, Relays 5-3
- Entries:** Unlimited entries for individual events and 2 entries per relay
- Entry Deadline:** All entries must be in NO LATER than **April 3<sup>rd</sup>, at 9:00AM**  
[Online Entry Link](#)
- Heat/Flight:** [Click Here](#) to see heat and flight sheets
- Live Results:** [Click Here](#) to see live results

### Meet Director:

Wentzville South Head Coach  
Michele Cherry  
[michelecherry@wsdr4.org](mailto:michelecherry@wsdr4.org)

### Entry Questions:

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



**FIELD EVENTS:    TIME: 3:45PM**

**DISCUS** (Girls then Boys, 3 throws)

**SHOT PUT** (Boys then Girls, 3 throws)

**HIGH JUMP** (Boys 1.3m open, then Girls 1.15m open, 5cm raises)

**POLE VAULT** (Girls & Boys together, 1.6m open, 15cm raises)

**LONG JUMP** (Boys & Girls together, 3 jumps, cafeteria style, 60 min. limit)

**TRIPLE JUMP** (Boys & Girls together, Following LJ, 3 jumps, cafeteria style, 60 min. limit)

**RUNNING EVENTS:    TIME: 4:00PM**

(girls first, then boys)

**4X800** (Boys and Girls may run together, depending on entries)

**100M HURDLES (G)-30"**

**100M HURDLES (B)-33"**

**100M**

**4X200**

**1600M RUN**

**4X100**

**400M DASH**

**800M**

**200M**

**4X400**