



Winfield High School Early Invite
March 19, 2024
3:30 pm

Athletic Directors and Varsity Track Coaches:

The Winfield High School Early Invite Meet is scheduled for March 19, 2023 at 3:30 pm. TRXC Timing will be timing the meet. **Late entries will not be accepted and are due by 9:00 am Tuesday March 19.**

ENTRY FEE: \$275 per school

Teams Invited: Bowling Green, Clopton, Elsberry, St. Louis Knights, Silex and Winfield.

Coaches meeting will take place at 3:15 pm by the finish line

General Meet Information:

1. Entries will be made on [MileSplit](#). You will be invited directly to the registration platform.
2. Each school will be allowed 4 entries per event and 2 relay per team. Medals will be issued to the top 3 places in all events.
3. The event will take place at Winfield High School, 3920 East Hwy 47 Winfield, MO 63389. The facility is an 8-lane, all-weather track. Please have all athletes wear ¼” pyramid spikes or less.
4. Field events will have 3 attempts that will be supervised and measured.
5. High Jump starting heights will be determined based on entry heights. The bar will be successively elevated 5 cm at a time for high jump. (All warm-ups need to be taken prior to the start of the event.)
6. The long jump and triple jump will be run cafeteria style with a 60 minute cut-off time limit. Participants will have three jumps that can be taken at any time during the 60 minutes. After the 60 minute time limit is up, no additional jumps will be given. Encourage your athletes to be at field events when not running.
7. Athletes must report to the bullpen prior to their race. No athlete will be added to a race at the starting line. Any athletes that are not at the bullpen after the third call will be scratched.
8. Press box access - Off limits to athletes and parents.

9. Each school may be required to run an event.
10. [Click Here](#) to see heat and flight sheets
11. Live results can be found at [TRXC Timing](#)

Field Events – Start at 3:30 PM

- Boys Discus (Girls to follow)
- Girls Shot Put (Boys to follow)
- Javelin (After Shot and Discus are complete)
- Boys High Jump (Girls to follow)
- Girls Long Jump (Boys to follow) – Cafeteria style (60 minutes) Pit Nearest the Football/Soccer Field
- Boys Triple Jump (Girls to follow) – Cafeteria style (60 minutes) Pit Farthest Football/Soccer Field
- Girls Pole Vault (Boys to follow)

Order of Events – Start at 4:00 PM – Girls first, then boys to follow

- 4 X 800m relay
- 100m/110m hurdles
- 100m dash
- 4 X 200m relay
- 1600m run
- 4 X 100m relay
- 400m dash
- 300m hurdles
- 800m run
- 200m dash
- 3200m run
- 4 X 400 relay

If you have any questions or concerns, please feel free to reach out.

Meet Director:

Trent Crenshaw
Winfield Activities Director
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Entry Questions:

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