

Wright City Warm UP Meet



March 30th 2023

Teams competing:

Wright City, Borgia, Christian high, North Co Christian, Orchard Farm, Warrenton,

1. **Coaches meeting: 3:00** at the finish line- only scratches
2. **Track Time:** Field Events 3:30 – Running Events 4:00
3. **Entry Fee:** \$75 per girls team, \$75 per boys team or \$10.00/athlete if a team consists of 5 or less athletes.
4. Entries can be made on [mo.milesplit.com](https://www.mo.milesplit.com) and need to be in by **9:00 am on 3/30**.
5. Athletes are limited to 4 events
6. Schools are limited to 4 entries per event and 1 relay team per relay.
7. We will have a certified trainer present at the event.
8. Restrooms are by the concession stand. Athletes should come dressed. **The High School is off limits.**
9. Team camps can be in either set of bleachers or the small amount of available grass space.
10. Spikes are not permitted in the bleachers. ¼ inch spikes or less are allowed on the track
11. **Please make sure no one is on the infield for any reason.**
12. Competitors must wear official school uniforms.
13. We will provide starting blocks.
14. [Click Here](#) to see heat and flight sheets
15. Live result at [TRXC Timing](#)
16. We will provide water, it will be in coolers under the football goal post at each end of the field
17. Buses will park by practice fields opposite of the field house.
18. Starting height for high jump and pole vault will be determined by the games committee.
19. A gate entry fee of \$3.00 for adults and \$2.00 for students will be in effect for all spectators.

This is a warm up meet, the purpose of this event is for the kids to get out and have some competition from folks other than their classmates, and for coaches to get an idea of how their kids perform in competition. We will not be medaling this meet but you are more than welcome to give the kids high fives or hugs.

Field Events – 3:30

Girls discus followed by boys

Boys shot put followed by girls

Boys long jump followed by Triple jump on the west runway and girls Long Jump followed by Triple jump on the east runway

Girls High Jump followed by boys

Boys Pole Vault followed by girls

Javelin (will be in the field beside the shot put)

Running Events – 4:00

4 x 800 relay

100/110 hurdles

100 dash

4 x 200 relay

1600 run

4 x 100 relay

400 dash

300 Int. hurdles

800 dash

200 dash

3200 run

4 x 400 relay