



# Wright City Middle school Invitational

April 8th, 2024

Teams competing:

Wright City, Community, Elsberry, Wentzville Middle, Louisiana, Montgomery Co, North Co Christian, North Point, Silex, Troy Middle, Troy South Middle, Wentzville South, Wentzville Middle, Van-Far, Warrenton

1. **Coaches Meeting: 3:00pm** at the Finish Line
2. **Track Time:** Field Events 3:30pm – Running Events 4:00pm
3. **Entry Fee:** \$125 per girls team, \$125 per boys team or \$15.00/athlete if the team consists of 5 or less athletes.
4. Enter athletes in [mo.milesplit.com](https://mo.milesplit.com) by **Monday April 8<sup>th</sup> 9:00am**
5. Athletes are limited to 4 events
6. Schools are limited to 2 entries for throwing events and 2 entries for every other event and 1 relay team per relay.
7. **Awards – Top 3 in individual events and top 3 relay teams will receive medals. No team scores will be kept.**
8. Medals and results will be given to the coaches at the end of the meet.
9. We will have a certified trainer present at the event.
10. Restrooms are by the concession stand. Athletes should come dressed. **The High School is off limits.**
11. Team Camp- teams are encouraged to set up tents/camp around the outside of the track.
12. Spikes are not permitted in the bleachers. ¼ inch spikes or less are allowed on the track
13. **Please make sure no one is on the infield for any reason.**
14. Competitors must wear official school uniforms.
15. We will provide starting blocks.
16. Buses will park by practice fields opposite of the field house.
17. Starting height for high jump will be determined by the games committee.
18. A gate entry fee of \$3.00 for adults and \$2.00 for students will be in effect for all spectators.
19. Meet Program: Heat/Flight

Entries questions Paul Golian [Paul@trxctiming.com](mailto:Paul@trxctiming.com)

### **Field Events – 3:30**

**Girls discus followed by boys**

**Boys shot put followed by girls**

**Boys long jump followed by triple jump on West runway**

**Girls Long jump followed**

**Triple on the East runway**

**Girls High Jump followed by**

**Boys Pole Vault**

**NO JAVELIN**

### **Running Events – 4:00**

**4x 800 meter relay**

**100 meter hurdles**

**100 meter dash**

**4x 200 meter dash**

**1600 meter race**

**4 x 100 meter relay**

**400 meter relay**

**800 meter race**

**200 meter race**

**4 x 400 relay**