



# WRIGHT CITY MIDDLE SCHOOL INVITATIONAL

April 3rd, 2023

Teams competing:

Wright City, Louisiana, North County Christian, Silex, Wellsville, Timberland, Troy Middle, Troy South Middle, Warrenton, Wellsville, Wentzville Middle, Frontier middle, Wentzville south middle, North Point middle

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:** \$125 per girls team, \$125 per boys team or \$15.00/athlete if team consists of 5 or less athletes.
4. Enter athletes on [mo.milesplit.com](https://mo.milesplit.com) by **4/3/23 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. **Click Here** to see heat and flight sheets.
17. Live results at **TRXC Timing**
18. Buses will park by practice fields opposite of the field house.
19. Starting height for high jump will be determined by the games committee.
20. A gate entry fee of \$3.00 for adults and \$2.00 for students will be in effect for all spectators.

**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 followed by Triple on the East runway**

**Girls High Jump followed by boys**

**Pole Vault**

**NO JAVELIN**

**Running Events – 4:00**

**4x800**

**100 Hurdles**

**100**

**4x200**

**1600**

**4x100**

**400**

**800**

**200**

**4x400**