



WINFIELD HS EARLY INVITE
MARCH 19TH, 2018
4:00 PM START

Athletic Directors and Varsity Track Coaches:

The Winfield HS Early Invite Meet is scheduled for March 19, 2018 at 4:00 pm. Coaches are required to fill out their entries on the TRXC web site. Please go to www.trxctiming.com to enter your athletes. **Late Entries will not be accepted.**

ENTRY FEE: \$100 for Boys team / \$100 for Girls team

Teams Invited: Bowling Green, Elsberry, Louisiana, Palmyra, Silex, and Winfield.

General Meet information

1. Entries will be made on www.trxctiming.com full instructions on website if you've never used it - Pay attention to deadlines. TRXC will also be timing the meet this year!
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 2" at a time for high jump. (All warm-ups need to be taken prior to start of event.)
6. The long jump and triple jump will be run cafeteria style with a 90 minute cut time limit. Participants will have three jumps that can be taken any time during the 90 minutes hours. After the 90 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. Please remind athletes to stay off the football playing surface.

9. Press box access - Off limits to athletes and parents.
10. Visiting Coaches may have to help with Timing or an Event.

Field Events – Start 4:00

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 (2 hours) Pit Nearest the Football/Soccer Field
Boys Triple Jump (Girls to follow) – Cafeteria style (2 hours) Pit Farthest Football/Soccer Field
Girls Pole Vault (Boys to follow)

Order of Events – Start at 4:30

4 X 800m relay
100m 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

Any Questions or Concerns contact:

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