

Wright City Warm UP Meet



March 28th 2019

Teams competing:

Wright City, Christian-O'Fallon, Orchard Farm, Wellsville, Barat, Fulton St. Albens, North County Christian, Silex, Duchesne, Wellsville, Montgomery Co. Blue Knights

1. **Coaches meeting: 3:00** at the finish line- only scratches
2. **Track Time:** Field Events 3:30 – Running Events 4:00
3. **Games committee:** Wright City, Christian, and Montgomery
4. **Entry Fee:** \$75 per girls team, \$75 per boys team or \$10.00/athlete.
5. TRXC Timing will manage meet entries: Entries can be made at [Online Entry Form](#)
Entries are open until March 20th at 5:00 pm.
6. Scratches/Changes can be made until 9:00 am on March 22nd [Scratches/Changes](#)
7. **Performance List:** [Performance List](#)
8. **Heat/Flight:** [Heat/Flight](#)
9. Athletes are limited to 4 events
10. Schools are limited to 4 entries per event and 2 relay teams per relay.
11. We will have a certified trainer present at the event.
12. Restrooms are by the concession stand. Athletes should come dressed. **The High School is off limits.**
13. Team camp can be in either set of bleachers or the small amount of available grass space.
14. Spikes are not permitted in the bleachers. ¼ inch spikes or less are allowed on the track
15. **Please make sure no one is on the infield for any reason.**
16. Competitors must wear official school uniforms.
17. We will provide starting blocks.
18. We will provide water, it will be in coolers under the football goal post at each end of the field
19. Buses will park by practice fields opposite of the field house.
20. Starting height for high jump and pole vault will be determined by the games committee.
21. 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 on the lower field to the left of the discus, and will be a grass runway)

Running Events – 4:00