



Waynesville R-VI School District

Athletic Department
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Cory Ace, Director of MSHSAA Activities & Athletics
Jamie Stearns, Administrative Asst.
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Dr. Jason Whitt, Principal

WAYNESVILLE BOYS AND GIRLS VARSITY INVITATIONAL April 25, 2025

Tigers Coach Mike Rawlings mrawlings@waynesville.k12.mo.us

Follow us on Twitter - @WHSTrackTeam

Scoring: Will be 10-8-6-5-4-3-2-1

Entry Fee: \$150.00 – boys, \$150.00 – girls. \$300.00 total.

Awards: Medals will be given to the top 3 places in each event. Trophies will be given to each 1st place teams and an individual Male and Female High Point trophy will be awarded.

Meet Entries: Entries are due no later than **Thursday, April 24th at 9:00 AM**. All entries will be made online using MO Mile. **Two entries per individual event and one per relay are allowed.**

The Invitational will be Electronically Timed and scored by: Act Now Promotions

Schedule

3:00 Coaches Meeting

3:15 Javelin

3:45 Field Events

Discus	girls/boys to follow
Shot Put	boys/girls to follow
Long Jump	boys/girls to follow
Triple Jump	girls/boys to follow
High Jump	boys/girls to follow
Pole Vault	girls/boys to follow

4:00 Running Events

- Girls will precede boys
- No preliminaries; all heats against time
- All runners should report to the bullpen when called
- No spikes in bleachers
- Fast heat will run LAST
- No tape on track or runway
- 3/16 or smaller pyramid spikes only; no needles
- **NO FOOD OR GATORADE ON THE TURF PLEASE**

Starter/Referee: David Allen and John Germann

Order of Events

4x800	Relay
100/110	Hurdles
100	Dash
4x200	Relay
1600	Run
4x100	Relay
400	Dash
300	Hurdles
800	Run
200	Dash
3200	Run
4x400	Relay

All entries for the Waynesville Invitational will be made using MO Mile.
Our meet information will be posted with contact information for anyone having difficulties.