


# 2025 Russellville High School Invitational

<b>Meet Date:</b>	Saturday April 12	
<b>Start Time:</b>	Field Events: 10:30 Running Events: 11:30	
<b>Teams:</b>	Russellville...	
<b>Timing:</b>	All running events will be F.A.T. timed. Timing of the meet will be done by MoFastTiming ( <a href="https://www.mofasttiming.com/">https://www.mofasttiming.com/</a> ). We are excited to have their help and expertise for this meet!	
<b>Entries:</b>	Entries will be limited to 2 per individual event and 1 relay. To enter your athletes you must enter on <a href="https://www.milesplit.com">mo.milesplit.com</a> by 8:00PM on Friday April 11th. There will be no changes after that time. Only scratches at the coaches meeting. If you have any questions with Milesplit, please email me at <a href="mailto:trulo@coler1indians.org">trulo@coler1indians.org</a> or <a href="mailto:mofasttiming@gmail.com">mofasttiming@gmail.com</a> or give me a call 314.210.0209.	
<b>Fees:</b>	For our invitational meet we will have the following fees: \$125/gender or \$250/school If less than 12 athletes - \$10/athlete We will be charging \$5 admission for adults Senior citizens (65+) and students are free	
<b>Scoring &amp; Medals</b>	Team scores will be kept, with top 8 places scoring. We will medal the top 6 individual and the top 3 relays. We will also have team plaques for the top two finishing teams.	
<b>Javelin:</b>	We will be conducting the Javelin on the infield with a grass approach.	
<b>Coaches Meeting:</b>	An informational and scratch coaches meeting will be held at 10:00a in the storage shed on the north end of the concession stand.	
<b>Special Event</b>	We will have a co-ed throwers relay (after the regular 4x100 relay). Each member must be throwers and will count towards the athletes total number of events competing in.	
<b>Spikes:</b>	Up to 1/8" spikes are allowed.	
<b>Parking:</b>	Buses will need to be parked in the gravel parking lot next to the baseball.	
<b>Marking:</b>	Please refrain from the use of tape on the track surface, chalk and tennis balls are acceptable.	
<b>Meet Results:</b>	Upon completion of the meet, results will be posted on <a href="https://athletic.net">athletic.net</a> and <a href="https://www.milesplit.com">mo.milesplit.com</a>	
<b>Exchange Zone Judges:</b>	4x100 4x200 800/1600/3200/4x800	Will be decided at the coaches meeting
<b>Order of Events:</b>	1st round field events: Girls Javelin, <b>Boys Discus (in flights)</b> , <b>Boys Shot Put (cafeteria in groups of 8)</b> , Girls Pole Vault, Girls Triple Jump, Boys Long Jump, Boys High Jump * Long Jump/Triple Jump will be run cafeteria style with a 1.5 hour time limit * * Opening heights for the high jump and pole vault will be determined at the coaches meeting *	
<b>Hospitality Room:</b>	This is for all coaches, bus drivers, and administrators. (same place as the coaches meeting)	
<b>Concessions:</b>	There will be concessions provided on site.	
If you have any questions please contact: Lucas Branson (Athletic Director) or Tim Rulo (Head Coach) 314.210.0209		