East Buchanan High School Invitational

Monday April 6, 2026

East Buchanan High School - Gower, MO

1. ENTRY FEE: The fee is $200 per school.

- *SCHOOLS ATTENDING:* Bishop Leblond, Dekalb, East Buchanan, East Buchanan (JV), Faith Christian Academy, Frontier STEM, KIPP KC Legacy, Lafayette (St. Joseph), Lathrop, Mid-Buchanan, Mound City, North Platte, Plattsburg, Savannah, South Harrison, St. Joseph Christian, St. Michael the Archangel, Trenton, West Platte.

2. AWARDS: Medals for places 1-6 in individual events; 1-3 in relays. Team trophies given the champions and the runners-up in both the boys and girls divisions. FAT Timing/Live results will be provided by Mike Bloemker and *B&B Race KC*.

3. DEADLINES: Entries for this meet can be made at:
2026 East Buchanan Invitational Entries at Athletic.net
ALL entries are due by: 4/5/2026 at 8:00 P.M.

4. ENTRIES: Teams will be limited to one relay team per relay event and two entries for individual events. Event limits per athlete will still be in accordance with MSHSAA rules.

5. COACHES MEETING. There will be a coaches meeting at 3:30 P.M. in the EBHS Weight Room just east of the stadium. Scratches for running events and field events will take place at this time. GAMES/RULES COMMITTEE: East Buchanan, Trenton, North Platte, Plattsburg, and Lafayette. The STARTERS for this meet will be: Roger Giger and Andy Phipps.

6. FIELD EVENTS: Begin at 4:00 P.M.

- Long jump and triple jump will be run cafeteria style with a time limit of an hour and 15 minutes. Each jumper will get **four attempts** or until time expires.
- Shot put and discus will be flighted and given **four attempts** each. A “minimum mark” line will be used. Every thrower will get their first legal throw measured. Girls are expected to throw 4K shots (8.8 lbs) and boys will use 12-pound shot puts. Boys discus = 1.6K, Girls = 1K.
- The girls javelin competition will begin at 4 P.M. and will be flighted; however, the *top flight WILL THROW FIRST*. WE HAVE AN ALL-WEATHER JAVELIN RUNWAY. Track spikes (with spikes 1/4" or smaller) or sneakers are acceptable. ***NO FOOTBALL, BASEBALL/SOFTBALL, or SOCCER cleats!***
- Pole vault and high jump will be conducted as usual.
- **REMEMBER:** We will be using the metric system so all events will be measured in meters.

7. RUNNING EVENTS: Begin at 5:00 P.M. ***with the exception of the 4x800 relay*** which will begin at 4:15 P.M. We will do this event earlier because this is an early season meet and it will allow athletes also competing in the 1600m run ample time to recover. (Each event will start with girls and be preceded by the boys)

- The "Bullpen" is in the middle of the football field. Hip numbers will be issued at the "Bullpen."
- If an athlete is in Field Events and running Events, please inform them not to leave for their running event until the second or third call. Make sure they check out before they leave and return quickly after they have completed their race.
- Heats will be set by seed times. The fastest heat will be run last.
- Spikes MUST be 1/4" pyramid (OR LESS).
- We will provide starting blocks.
- **REMEMBER:** That there are NO ACCELERATION marks in relay zones. Our track is accurately marked to accommodate this.
- **The "Almost Famous" 4x50 Meter Throwers Relay** is a FUN Mixed Event with *two boys* and *two girls* from the same school (order is up to the school). Participants for the relay MUST be entered into one of the three throws and this relay cannot be anyone's fifth event. NO POINTS will be given but there will be awards!

8. CANCELLATIONS: In event of cancellation, schools will be notified by 1:00 P.M. the day of the meet.

9. FACILITY: Buses will need to DROPOFF and PARK at East Buchanan Middle School - **500 S. 4th St, Gower, MO 64454. *(CHANGE TO TEAM CAMPS)* Please set up team camps along the east fences, behind the main stands of the complex.** If that area is saturated with moisture, athletes can sit in the west stands. NO TEAM CAMPS IN THE STANDS ON THE EAST SIDE OF THE COMPLEX. Thank you in advance for keeping your area clean and trash free.

- A concession stand will be available.
- No locker rooms will be available

If you have questions please contact Jeff Harlin at harlin@ebs.k12.mo.us or (816) 835-6468 or Doug Miller at miller@ebs.k12.mo.us (816) 592-0681.

FIELD EVENTS: 4:00 P.M.

HIGH JUMP (B/G), POLE VAULT (G/B), SHOT PUT (G/B), TRIPLE JUMP (B/G), LONG JUMP (G/B), DISCUS (B/G), JAVELIN (G/B - *Top flights first*)

RUNNING EVENTS: 5:00 P.M. (*Unless noted* - girls will be first followed by boys)

4 x 800 METER RELAY *(Run at 4:15 P.M.)*
EBHS Senior Night / National Anthem and then… 100/110 METER HIGH HURDLES
100 METER DASH
4 x 200 METER RELAY
1600 METER RUN
4 x 100 METER RELAY
400 METER DASH
4 x 50 METER THROWERS RELAY (Mixed event; No points awarded)
300 METER HURDLES
800 METER RUN
200 METER DASH
3200 METER RUN
4 x 400 METER RELAY

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Field Event Information

3:30 P.M. - Coaches' Meeting (EBHS Ag Shop). No additions or substitutions.

Field Events – 4 throws or jumps
4:00 P.M.

Shot Put - Girls followed by boys.
- The first legal throw will be measured. Four attempts maximum.
- Remaining throws must exceed the minimum line. If not, the attempt will be recorded as a foul.
- **Minimum Line:** 28' 0" for the girls; 36' 0" for the boys. THROWS **MUST** GO COMPLETELY OVER THE MINIMUM LINE

Discus - Boys followed by girls.
- The first legal throw will be measured. Four attempts maximum.
- Remaining throws must exceed the minimum line. If not, the attempt will be recorded as a foul.
- **Minimum Line:** 80' 0" for the girls; 100' 0" for the boys. THROWS **MUST** GO COMPLETELY OVER THE MINIMUM LINE.

Javelin - Girls (top flight first) followed by boys. (This event will be run in FLIGHTS)
- East Buchanan has an all-weather javelin runway. NO CLEATS! Track spikes are OK.
- The first legal throw will be measured. Four attempts maximum.
- Remaining throws must exceed the minimum line. If not, the attempt will be recorded as a foul.
- **Minimum Line:** 85' 0" for the girls; 105' 0" for the boys. THROWS **MUST** GO COMPLETELY OVER MINIMUM THE LINE.

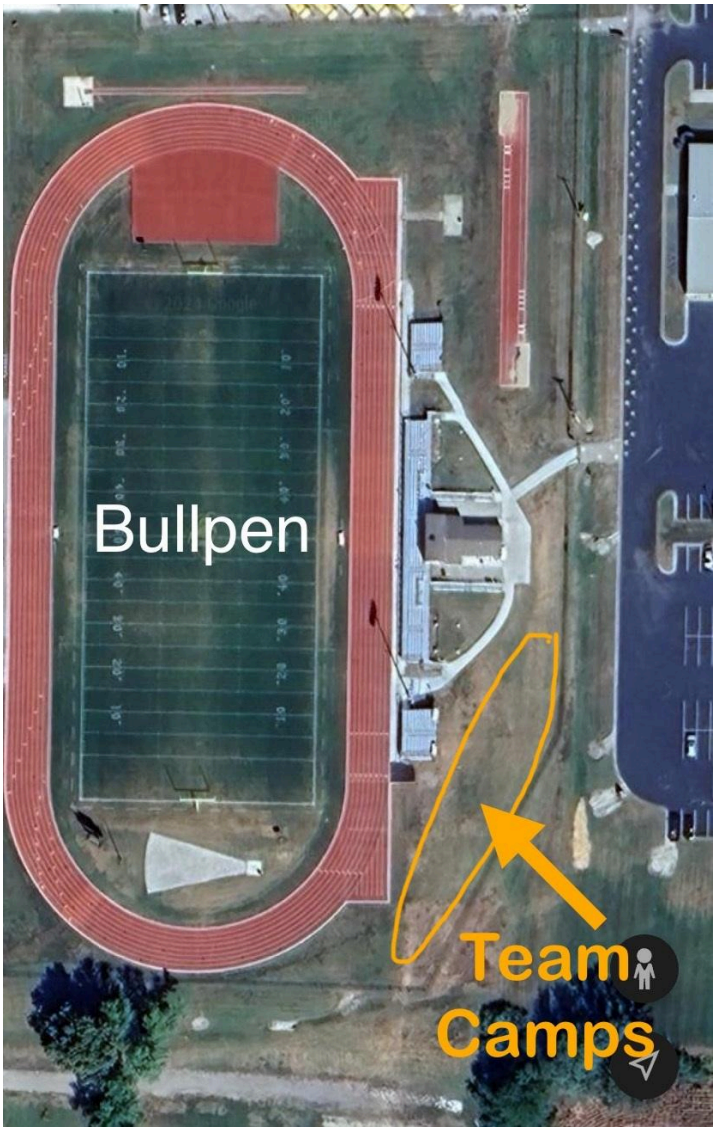
Long Jump (South Pit) - "Cafeteria Style"
- Girls followed by boys.
- Athletes can use the 8' or 12' takeoff boards for long jump.
- Once an event begins, jumpers have 1 hour and 15-minutes to complete their jumps.
- If an athlete's foot crosses into the yellow section of the long jump takeoff boards, it is a foul.

Triple Jump (North Pit) - "Cafeteria Style"
- Boys followed by girls
- Triple jumpers will have their choice of 24', 28', 32' and 36' takeoff boards.
- Temporary boards of chalk or tape WILL NOT be created/used.
- Once an event begins, jumpers have 1 hour and 15-minutes to complete their jumps.

Vertical Jump Field Events - Up to 3 attempts at each height
4:00 P.M.

High Jump
- Boys followed by girls.
- The bar will move in increments of 5 cm.
- Boys Starting Height: 1.55 meters; Girls Starting Height: 1.30 meters.

Pole Vault
- Girls followed by boys.
- The bar will move in increments of 6 inches (we will convert to meters).
- Starting Height (*approximately*): 6.0 feet for girls and 7.5 feet for boys.



EAST BUCHANAN TRACK & FIELD
STADIUM / FACILITY RECORDS

GIRLS HIGH SCHOOL RECORDS			
EVENT	**TEAM / NAME & SCHOOL**	**TIME/DIST.**	**YEAR**
4x800 Relay	West Platte High School	10:22.49	2024
100m Hurdles	Honor Wilkerson-Mannings - Lafayette	14.97	2024
100m Dash	Olivia Rogers - North Platte	12.32	2023
4x200 Relay	North Platte High School	1:46.69	2022
1600m Run	Brianna DeBord - North Platte	5:34.96	2023
4x100 Relay	South Harrison High School	51.10	2023
400m Dash	Lindsay Ramsey - North Platte	57.73	2024
300m Hurdles	Honor Wilkerson-Mannings - Lafayette	46.91	2023
800m Run	Olivia Gilliam - Lawson H.S.	2:28.34	2022
200m Dash	Lindsay Ramsey - North Platte	25.47	2023
3200m Run	Landen Wilson - Lawson H.S.	11:44.88	2022
4x400 Relay	North Platte High School	4:22.29	2022
High Jump	Letecia Howard - Plattsburg	5-2.25 / 1.58m	2023
Long Jump	Rilyn Sherwood - East Buchanan	17-1.25 / 5.21m	2025
Triple Jump	Emma Klein - East Buchanan	37-8.25 / 11.49m	2022
Pole Vault	Kamryn Florea - Lawson H.S.	10-6 / 3.20m	2025
Discus	Kaliska Madison - South Harrison	108-8.75 / 33.14m	2023
Javelin	Rhyan Schrick - Savannah	129-9 / 39.55m	2024
Shot Put	Brooklynn Johnson - E. Buchanan	39-4.75 / 12.01m	2024

EAST BUCHANAN TRACK & FIELD
STADIUM / FACILITY RECORDS

BOYS HIGH SCHOOL RECORDS			
EVENT	**TEAM / NAME & SCHOOL**	**TIME/DIST.**	**YEAR**
4x800 Relay	East Buchanan High School	8:34.92	2023
100m Hurdles	Seth Spencer - East Buchanan	15.43	2025
100m Dash	Ty Mooney - King City H.S.	11.03	2023
4x200 Relay	West Platte High School	1:32.01	2024
1600m Run	Charlie Kinslow - West Platte	4:43.31	2022
4x100 Relay	West Platte High School	44.15	2022
400m Dash	Blake Norton - DeKalb	51.99	2025
300m Hurdles	August Meadows - Mound City	39.67	2025
800m Run	Charlie Kinslow - West Platte	2:04.01	2022
200m Dash	Cooper Slominski - Lawson H.S.	22.69	2022
3200m Run	Isaiah Watson - Faith Christian	10:19.04	2025
4x400 Relay	West Platte High School	3:34.67	2023
High Jump	Garron Blair - Lawson H.S.	6-4 / 1.93m	2022
Long Jump	Kingston Peterson - KIPP Legacy	21-8.75 / 6.62m	2025
Triple Jump	Blake Hunter - Mid-Buchanan	44-0.75 / 13.43m	2022
Pole Vault	Wailan Van Dusen - Lawson	13-0 / 3.96m	2025
Discus	Chase Meers - East Buchanan	154-2.50 / 47.00m	2024
Javelin	Trey Johnson - East Buchanan	192-1 / 58.55m	2025
Shot Put	Armon Canada - KIPP Legacy	47-5.75 / 14.47m	2025