

Seneca Jr High Invitational 2025



Location: State Highway U & Bethel Road Seneca, MO 64865 Here is the information for our annual 2025 Jr High track meet to be held on April 28nd, 2025. 7th/8th grade Boys and 7th/8th grade Girls. The meet will be electronically timed using fully automatic timing. Events will be separated by gender/grade. Each school will be allowed 2 entries per event/gender/grade and one relay per event/gender/grade. The top 3 in each event per grade will medal. We will score the top 8 in each event per grade. Plaques will be given to the top two teams for 7th and 8th grade, boys and girls.

Times

3:30 Coaches Meeting in garage

4:00 Field events begin

4:30 Running events start

Coaches Meeting: 3:30

Field Events will begin at 4:00 pm

Jumps and throws will be done cafeteria style

High Jump: B8, B7, G8, G7

Long Jump: B8, B7, G8, G7

Triple Jump: G8, G7, B8, B7

Shot Put: G7, G8, B7, B8

Discus: B7, B8, G7, G8

Pole Vault: B7, B8, G7, G8

Concessions are available on site

Restrooms are available on site

A trainer will be on site available for anyone that has need

Note: as soon as pole vault is finished we will start **Long jump** in the south pit (3 attempts)

Running Events: 4:30 order: (7G, 8G, 7B, 8B)

Order of running events: 100M Hurdles, 100M Dash, 4x200M Relay, 1600M Run, 4x100M Relay, 400M, 800M, 200M, 4x400M Relay.

Entries: momilesplit.com

2 entries per event, 1 relay

The entry fee is \$175 per school.

Seneca High School

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Seneca, MO 64865

If you have any questions, please email or call

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