

18th Annual Jim Mitchell Invitational

@ Armory Track & Field Center

Saturday, December 20th, 2025

No longer by invite only - first 60 schools to register will be accepted

Meet Director - Tim Fulton - fulton.timmy@gmail.com

Finance Director - Mike Potter - wvxctf@gmail.com

Simply enter online on Athletic.net and submit paperwork to your business office

SPIKES

All events will be split into two division - Seeded & Unseeded - based on seed marks

Spikes will be allowed in seeded events

Spikes WILL NOT be allowed in unseeded events

No Blocks on oval

| Time Schedule | | | Entry Limit | Heats | Per Heat | Entries |
|----------------------|--------------|---------------------|--------------------|--------------|-----------------|----------------|
| 3:00 PM | Seeded | Girls 300m Dash | 4 | 15 | 6 | 75 |
| 3:15 PM | Unseeded | Girls 300m Dash | | 13 | 6 | 75 |
| 3:28 PM | Seeded | Boys 300m Dash | 4 | 16 | 6 | 84 |
| 3:44 PM | Unseeded | Boys 300m Dash | | 16 | 6 | 93 |
| 4:00 PM | Seeded | Girls 1 Mile Run | 4 | 2 | 20 | 40 |
| 4:14 PM | Unseeded | Girls 1 Mile Run | | 2 | 26 | 48 |
| 4:28 PM | Seeded | Boys 1 Mile Run | 4 | 3 | 18 | 55 |
| 4:46 PM | Unseeded | Boys 1 Mile Run | | 4 | 26 | 90 |
| 5:10 PM | Seeded | Girls 600m Run | 4 | 6 | 10 | 60 |
| 5:28 PM | Unseeded | Girls 600m Run | | 6 | 12 | 70 |
| 5:46 PM | Invitational | Boys 500m Dash | 1 | 1 | 6 | 6 |
| 5:51 PM | Seeded | Boys 600m Run | 4 | 6 | 10 | 60 |
| 6:09 PM | Unseeded | Boys 600m Run | | 7 | 14 | 80 |
| 6:30 PM | Seeded | Girls 200m Dash | 4 | 13 | 6 | 65 |
| 6:43 PM | Unseeded | Girls 200m Dash | | 14 | 6 | 82 |
| 6:57 PM | Seeded | Boys 200m Dash | 4 | 13 | 6 | 65 |
| 7:10 PM | Unseeded | Boys 200m Dash | | 16 | 6 | 93 |
| 7:26 PM | Seeded | Girls 1000m Run | 4 | 3 | 15 | 45 |
| 7:38 PM | Unseeded | Girls 1000m Run | | 3 | 18 | 55 |
| 7:53 PM | Seeded | Boys 1000m Run | 4 | 3 | 17 | 50 |
| 8:05 PM | Unseeded | Boys 1000m Run | | 4 | 23 | 74 |
| 8:21 PM | Seeded | Girls 4x200m Relay | 2 | 5 | 5 | 25 |
| 8:36 PM | Unseeded | Girls 4x200m Relay | | 4 | 3 | 18 |
| 8:46 PM | Seeded | Boys 4x200m Relay | 2 | 5 | 5 | 25 |
| 8:58 PM | Unseeded | Boys 4x200m Relay | | 5 | 4 | 24 |
| 9:11 PM | Seeded | Girls 4x1500m Relay | 1 | 1 | 20 | 10 |
| 9:36 PM | Seeded | Boys 4xMile Relay | 1 | 1 | 20 | 17 |
| 9:58 PM | | | | | | |

Infield Events

| | | | Entry Limit |
|---------|--------------|----------------|--------------------|
| 4:00 PM | Invitational | Girls 55m Dash | Prelims |

Blocks Allowed

| | | | | |
|---------|--------------|-------------------|---------------|----------------|
| 4:06 PM | Seeded | Girls 55m Dash | Prelims | NO BLOCKS |
| 4:15 PM | Unseeded | Girls 55m Dash | Final on Time | NO BLOCKS |
| 4:27 PM | Invitational | Boys 55m Dash | Prelims | Blocks Allowed |
| 4:33 PM | Seeded | Boys 55m Dash | Prelims | NO BLOCKS |
| 4:42 PM | Unseeded | Boys 55m Dash | Final on Time | NO BLOCKS |
| 4:54 PM | Seeded | Girls 55m Hurdles | Prelims | NO BLOCKS |
| 5:04 PM | Unseeded | Girls 55m Hurdles | Final on Time | NO BLOCKS |
| 5:14 PM | Seeded | Boys 55m Hurdles | Prelims | NO BLOCKS |
| 5:24 PM | Unseeded | Boys 55m Hurdles | Final on Time | NO BLOCKS |
| 5:34 PM | Invitational | Girls 55m Dash | Finals | Blocks Allowed |
| 5:39 PM | Seeded | Girls 55m Dash | Finals | Blocks Allowed |
| 5:44 PM | Invitational | Boys 55m Dash | Finals | Blocks Allowed |
| 5:49 PM | Seeded | Boys 55m Dash | Finals | Blocks Allowed |
| 5:54 PM | Seeded | Boys 55m Hurdles | Finals | Blocks Allowed |
| 5:59 PM | Seeded | Girls 55m Hurdles | Finals | Blocks Allowed |

| Field Events | | | Minimum | | |
|--------------|---------|-------------------|---------|----------------------------------|---------------------|
| 3:00 PM | Varsity | Girls Pole Vault | 3 | 7-8-9-9'6" up 6" | Only top 30 entries |
| 3:00 PM | Varsity | Boys Triple Jump | 3 | 35 Feet | |
| 3:00 PM | Varsity | Girls Triple Jump | 3 | 29 Feet | |
| 3:00 PM | Varsity | Boys Shot Put | 3 | 35 Feet | Only top 75 entries |
| 6:00 PM | Varsity | Boys Long Jump | 3 | 17 Feet | |
| 6:00 PM | Varsity | Girls Long Jump | 3 | 14 Feet | |
| 6:00 PM | Varsity | Girls Shot Put | 3 | 22 Feet | Only top 75 entries |
| 6:30 PM | Varsity | Boys High Jump | 3 | 5'03-5'06-5'08-5'10-6'00 | |
| 5:30 PM | Varsity | Girls High Jump | 3 | 4'03-4'06-4'08-4'10-5'00 | |
| 6:00 PM | Varsity | Boys Pole Vault | 3 | Open 9-6, up 1' to 12'6, then 6" | Only top 30 entries |

All running events final on time, Sections run fast to slow

First throws/jumps measured, all other must meet minimum

Entry Limit per team on infield is three athlete per team - all events

All field events 3 attempts no finals

MEDALS: To the top 3 in each event
