

SLUH Invitational  
Thursday, April 1, 2021

- Location: St. Louis University High School
- Cost: To be determined after the meet. Cost will be shared among participating schools.
- Time: The meet will begin at 4:00 and we will stay on a time schedule (below) with the JV running first followed by the Varsity. No one can come on campus until 3:00.
- Spectators: We cannot allow spectators but we will try to livestream all running events on our student sports network.
- Masks: Masks must be worn at all time that an athlete is not competing.
- Coaches Meeting: Behind the press box at 3:30.
- Entries: Details to come. Still finalizing the timing contract.
- Eligibility: Athletes may NOT compete in more than one division. Three athletes may be entered in the JV division. Only two will count towards team score.
- Awards: We will score the meet but will not do team awards or medals in order to keep the cost down.
- Spike length: ¼” or less on all running and jumping surfaces
- Tents: Please do not bring a tent. Each team will be given an area to congregate.
- Social Distancing: Please keep everyone 6 feet apart when not competing.
- Timing: All events will be automatically timed. No back-up timers will be needed
- Games committee: The games committee will be made up of all head coaches.
- Scoring: Open events: 8-6-4-2-1      Relay events: 8-6-4-2

### Work Assignments

Pole vault: Kirkwood  
Long jump: SLUH  
Shot put: SLUH

Triple jump: Javelin:  
High jump: Rockwood Summit  
Discus: Lafayette

Exchange zone judges:

Curve 1 (4x100/ Break Line) SLUH  
Curve 2 (4x100/4x200)  
Curve 3 (4x100)

### Time schedule for field events

4:00	JV Long Jump JV Discus	Varsity Triple Jump Varsity Shot Put Varsity Javelin
	Varsity / JV Pole Vault <i>(these events are run concurrently)</i>	Varsity / JV High Jump
5:30	JV triple jump JV Shot Put JV Javelin	Varsity long jump Varsity Discus

Note: Long and triple jump will be run cafeteria style and each athlete will get 4 jumps. There will be no prelims. High jump will be run 3 active. Pole vault will be run 5 active. Be sure that your athletes in the high jump get their jumps in whenever possible so that it is fair for those waiting for the next height.

### Running Event Time Schedule (we will not get ahead of schedule)

4:00	4x800
4:30	110 HH
4:40	100
4:55	4x200
5:05	1600
5:20	4x100
5:30	400
5:40	300 IH
5:50	800
6:00	200
6:10	3200
6:45	4x400