



WG VARSITY QUAD INVITATIONAL

APRIL 16, 2021

MEET DIRECTOR: Jon Petter (Boys)
STARTER: Charlie Beck
TIMING: Big River Running
FINISH LINE/ BULLPEN: Conner Katsev / Scott Gillilan
ANNOUNCER: TBD
AWARDS: Barb Smith

TEAMS: Parkway West, Marquette, Ritenour, WG

GAMES COMMITTEE: -

LONG JUMP: Parkway West
TRIPLE JUMP: Parkway West
SHOT: Webster
DISCUS: Ritenour
HIGH JUMP: Webster
JAVELIN: Marquette
POLE VAULT: Marquette

HURDLE ENGINEERS: Webster Groves Athletes

4x100 EXCHANGES

1st Exchange: Webster
2nd Exchange: Ritenour
3rd Exchange: Webster

4x200 EXCHANGES

1st & 3rd Exchange: Ritenour
2nd Exchange: Webster

*****COACHES MEETING:** 4:15pm***

SCHEDULE

RUNNING EVENTS: (rolling schedule - beginning at 4:30pm)

4x800
110HH
100
4x200
1600
4x100
400
300IH
800
200
3200
4x400

FIELD EVENTS: (3 jumps/throws – no finals)

Pole Vault – 4:30-5:30pm (Boys) / 5:30-6:30pm (Girls)

High Jump – 4:30-5:30pm (Girls) / 5:30-6:30pm (Boys)

Triple Jump – 4:30-5:05pm (Boys) / 5:05-5:40pm (Girls)

Long Jump – 5:40-6:15pm (Boys) / 6:15-6:50pm (Girls)

Discus - 4:30-5:15pm (Girls) / 5:15-6:00pm (Boys)

Shot Put – 4:30-5:15pm (Boys) / 5:15-6:00pm (Girls)

Javelin – 6:00pm (ALL)

COVID PROTOCOLS / EXPECTATIONS (SEE MAP BELOW FOR LOCATIONS)

General COVID Expectations:

- Coaches are required to wear masks at ALL times
- Athletes are required to wear masks at ALL times when not competing
 - athletes should maintain social distancing at ALL times
- No water will be provided nor should it be shared at the meet - emergency water ONLY at finish
- Please set up your team area in the designated area of the bleachers - these will be assigned when your team arrives
 - NO TENTS
 - Athletes should REMAIN in their area until they are warming up or declaring for an event - they are NOT TO BE IN THE INFIELD unless they are declaring, pre-staging, or bullpening

Declaring for All Events COVID Expectations:

- Athletes need to check in at the table next to Big River Tent for track events but do not congregate
- Athletes need to check in with event judge on location for field events but do not congregate
 - pay attention to the teams and times for throwing events

Bullpen / Pre-Staging Area for Track Events COVID Expectations:

- Athletes should listen closely to announcements and only show up to pre-staging area when their event is on FINAL CALL
- Athletes will be checked in but need to remain socially distanced and keep MASK ON
- When the Bullpen official calls you over, you will exit the pre-staging area but keep MASK ON and stay socially distanced

Track Racing COVID Expectations:

- The starter will call athletes from the bullpen out on to the track
- Do NOT remove your mask until the starter instructs you to do so
 - Coaches please have a safe system in place to retrieve masks
- As soon as your race is over, your mask needs to be put back on
 - For 100, 200, and hurdle events please ensure you have a way to safely get masks to the finish line when the athletes complete their race



SCHOOL / COACH'S DETAILS

Entry Fee:

The entry fee is based on the total costs divided by the total number of teams. Each team will pay $\frac{1}{8}$ of the cost, regardless of the number of athletes entered in the meet.

Send Entry Fee to:

Webster Groves High School
Attn. Activities Office
100 Selma Ave.
St. Louis, MO 63119

Entries:

Entries will be done on **mo.milesplit** and are due **APRIL 15th @ 8am.**

2 entries per open event; 1 relay (*your relay alternate(s) MUST be competing in something else to avoid extra athletes during COVID protocols*)

Awards:

Awards will be put into envelopes and given to the coach at the end of the meet.

Results:

Timing will be done by Big River Running. Results will be available on their website, www.brrm.com and will be later available on mo.milesplit.

Contacts:

Jon Petter --- Head Boys' Cross Country Coach/Meet Director --- petter.jon@wgmail.org --- 314-285-3885
Jerry Collins --- Athletic Director - collins.jerry@wgmail.org --- 314-963-6400 ext. 11261