



## **All-Suburban Conference Green Pool - Girls**

**Wednesday 5/5/21 @ Rockwood Summit High School**

**Schools: Ladue, McCluer, McCluer North, P. Central, P. West, Riverview, Summit**

**Scoring :** 10-8-6-5-4-3-2-1

**Timing:** Big River Race Management

**Facilities:** Summit has an all weather track and runways. The throwing circles are concrete. Please use 1/4" or 1/8" spikes and chalk or tennis balls for your marks. Teams will be assigned a spot in the bleachers to set up camp. We will have a trainer on site. Restrooms are at the track.

Athletes should not be in the main building.

**Entries:** Each school is allowed 2 entries per individual event for varsity, and 3 entries per individual event for JV, with top 2 scoring. Each school is allowed 1 relay per event, except for the 4x8, which will allow 2 teams from each school.

***Entries will be done on Momilesplit.***

**Field Events:**

- 4:15 - Shot Put will be Varsity then JV, 4 attempts, no inals
- 4:15 - Discus will be JV then Varsity, 4 attempts, no finals
- 4:15 - Pole Vault will be Varsity then JV, but may be combined
- 4:15 - High Jump will be Varsity then JV, but may be combined
- 4:15 – 5:45 - ALL Long Jump, cafeteria style, 4 jumps, no finals
- 5:45 – Close – ALL Triple Jump, cafeteria style, 4 jumps, no finals
- 4:15 – 5:45 – ALL Javelin, cafeteria style, 4 attempts, no finals

***\*please note the Javelin/Shot/Discus on the other side of campus***

**Time Schedule (we will not get ahead) JV first, followed by Varsity**

4:15 – 4x800

4:40 – 100 Hurdles

4:55 – 100

5:05 – 4x200

5:15 – 1600

5:30 – 4x100

5:40 – 400

5:55 – 300 Hurdles

6:10 – 800

6:20 – 200

6:35 – 3200

7:05 – 4x400