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23

Saturday April 8th

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Northwest High School is excited to invite you to the 10th Annual Northwest Invitational Track Meet on Saturday April 8th, 2023.

- There will be a rolling schedule for running events this year.
- Big River Race Management will be in charge of timing.
- Please register at mo.milesplit.com by 9:00 p.m. on Wednesday, April 5th. Entries, scratches, and changes may be made until Friday, April 7th at 9:00 a.m.
- There will be a coaches meeting at 8:30 a.m. in the bleachers.
- One-fourth inch spikes or less may be used on all weather surfaces. Tennis balls and chalk only may be used on the track and runways (no tape). Throwing circles are concrete.
- The turf field is for coaches and athletes **warming up only**, and **no food is allowed out on the turf**. All athletes and teams not warming up need to be off of the field area and away from the bullpen. Please help with this.
- Tents may be set up in the field between the concession stand and the long and triple jump runways.
- Northwest will not provide locker rooms. There will be a concession stand and **meet t-shirts will be \$20 each**.

Limitations:

- Schools may enter two individuals and one relay in each event on Varsity and three individuals and one relay team on JV. There will be no division crossover.
- **Athletes of any grade can compete on J.V. provided that they are not your top athletes.**
- Races will begin promptly at 9:00 a.m. and will follow a rolling schedule. Heats/Flights will be seeded by time and distance entered. There will be no prelims.
- Field event participants will get four attempts in all events other than high jump and pole vault. Starting heights for field events will be decided based upon entries. High Jump will go up by 5 centimeters per height, and vault 15. No pooling implements in shot and discus and teams will shag their own implements.
- **Long and triple jump will be open for a three hour window in which all jumps need to be completed.**
- In order to offer signature events and create a unique experience at the Northwest Invitational there are two differences from the typical schedule. The 4x200 Meter Relay has been replaced with a **Sprint Medley (1-1-2-4)**, and the 1600 meter has been replaced with a **1500 Meter**.

Awards: There will be a 1st place and 2nd place team award for each level, and medals for the first five places on Varsity and the first three places on Junior Varsity. Scoring: 10-8-6-5-4-3-2-1.

Workers: We will need a coach from each school to help assist us in running field events and judging exchange zones. Click at the top of the page to fill out the form to let us know your work preferences. Work assignments will be listed below. **We will try to provide some workers, but please plan to bring along help if you are working a field event.**

Entry Fee: \$125 per division (Entering any athletes in a division will result in being charged for an entire division.)

Ken Campbell
Head Boys' Track Coach
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Glen House
Head Girls' Track Coach
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Kyle Wampler
Athletic Director
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NORTHWEST INVITATIONAL SCHEDULE

Field Event Time Schedule		
Shot Put	9:00 a.m.	Varsity girls followed by J.V.
Discus	9:00 a.m.	Varsity boys followed by J.V.
High Jump	9:00 a.m.	Varsity girls followed by J.V.
Pole Vault	9:00 a.m.	Varsity boys followed by J.V.
Javelin	9:00 a.m.	Varsity Girls followed by J.V.
Long Jump	9:00-12:00 p.m.	ALL GIRLS
Triple Jump	9:00-12:00 p.m.	ALL BOYS
Shot Put	1:00 p.m.	Varsity boys followed by J.V.
Discus	1:00 p.m.	Varsity girls followed by J.V.
High Jump	1:00 p.m.	Varsity boys followed by J.V.
Pole Vault	1:00 p.m.	Varsity girls followed by J.V.
Javelin	1:00 p.m.	Varsity boys followed by J.V.
Long Jump	12:00-3:00 p.m.	ALL BOYS
Triple Jump	12:00-3:00 p.m.	ALL GIRLS

Running Event Order
<i>RUNNING EVENTS BEGIN AT 9:00 a.m.</i>
<i>Girls J.V. and VARSITY followed by Boys JV and Varsity</i>
4x800 Meter Relay
Girls 100 Meter High Hurdles
Boys 110 Meter High Hurdles
100 Meter Dash
Sprint Medley Relay (1-1-2-4)
1500 Meter Run
4x100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4x400 Meter Relay

Starting Heights		
EVENT	Girls	Boys
J.V. High Jump	1.2m	1.3m
Varsity High Jump	1.3m	1.5m
J.V. Pole Vault	2.20m	2.20m
Varsity Pole Vault	2.35m	2.50m

Official heights will be revisited after the entry window has closed.

Work Assignments	
Boys High Jump	
Girls High Jump	
Boys Long Jump	
Girls Long Jump	
Boys Triple Jump	
Girls Triple Jump	
Boys Pole Vault	
Girls Pole Vault	
Boys Shot Put	
Girls Shot Put	
Boys Discus	
Girls Discus	
Boys Javelin	
Girls Javelin	
ALL 4x100	
Exchange 1	
Exchange 2	
Exchange 3	
ALL SPRINT MEDLEYS	
Exchange 1	
Exchange 2	
Exchange 3	
Break Line	

Work assignments will be updated as work requests are received.

Starters	Steve Serniak
Bullpen	
Awards	
Announcer	
Games Committee/Jury of Appeals	

Northwest Invitational Meet Records

Varsity Boys

Event	Record Holder	Record	School	Year
100m	Brad Alexander	10.87	Lafayette	2016
200m	Brad Alexander	21.88	Lafayette	2016
400m	Romon Logon	49.71	Parkway North	2021
800m	Dylan Quisenberry	1:54.85	Lafayette	2016
1500m	Firaol Ahmed	4:12.62	Northwest	2021
1600m	Kevin Ganahl	4:18.82	Marquette	2015
3200m	Devin Meyrer	9:25.74	Lafayette	2015
110m Hurdles	Tahj Gayfield	14.81	Marquette	2015
300m Hurdles	Tahj Gayfield	39.55	Marquette	2015
4 x 100m relay	Hazelwood Central	43.32		2015
4 x 200m relay	Marquette	1:31.43		2017
4 x 400m relay	Hazelwood East	3:27.57		2017
4 x 800m relay	Lindbergh	8:13.65		2017
Sprint Medley	Battle	1:37.88		2016
Pole Vault	Blake Bryant	14' 0"/4.27m	Fox	2017
Long Jump	Floyd Bell	22' 0 1/2 "/6.72m	Parkway West	2022
Triple Jump	Ja'Marion Wayne	44' 1 1/2 "/13.45m	Parkway West	2022
High Jump	Gregory Dennis	6' 6.75"/1.93m	Lafayette	2016
Shot Put	Edward Becton	57' 0 1/2 "/17.39m	Hazelwood Central	2017
Discus	Reece Goddard	166' 10"/50.85m	Kirkwood	
2015				
Javelin	Ivan Barnett	172' 1"/52.45m	Kirkwood	2016

Junior Varsity Boys

Event	Record Holder	Record	School	Year
100m	Jeremiah Guittar	11.51	Mehlville	2015
200m	Kemerick Winston	23.09	Hazelwood Central	2016
400m	Kemerick Winston	53.01	Hazelwood Central	2016
800m	Noah Gjelvik	2:07.05	Kirkwood	2022
1500m	Jack Robeson	4:24.23	Lafayette	2022
1600m	Billy Driemeyer	4:43.37	Lindbergh	2017
3200m	Billy Driemeyer	9:25.28	Lindbergh	2017
110m Hurdles	Jeffrey Pope	17.16	Lindbergh	2015
300m Hurdles	Kelvin Coleman	42.23	Hazelwood Central	2015
4 x 100m relay	Hazelwood Central	46.15		2017
4 x 200m relay	Hazelwood East	1:35.55		2017
4 x 400m relay	Hazelwood East	3:46.57		2015
4 x 800m relay	Lafayette	8:46.48		2021
Sprint Medley	Lindbergh	1:43.40		2016
Pole Vault	Mason Turley	11' 11"/3.63m	Jackson	2022
	Riley Russell	11'11"/3.63m	Jackson	2022
Long Jump	Gary Terrance	19' 7"/5.97m	Hazelwood East	2017
Triple Jump	Wendall Bronner	40' 6 1/2 "/12.36m	Marquette	2015
High Jump	Elliot Lorenz	6' 2"/1.88m	Ladue	2016
Shot Put	Gino Calandro	43' 3 1/2 "/13.20m	Seckman	2015
Discus	Darion Baker	119' 1"/36.30m	Lafayette	2017
Javelin	Sean Van Rens	144' 0"/43.89m	Marquette	2022

Varsity Girls

Event	Record Holder	Record	School	Year
100m	Deja Ingram	11.82	Hazelwood Central	2017
200m	Deja Ingram	23.81	Hazelwood Central	2017
400m	Danielle Frank	58.44	Hazelwood Central	2017
800m	Cheyenne Melvin	2:16.29	STEAM Academy@MSB	2021
1500m	Josie Baker	4:50.91	Kirkwood	2022
1600m	Anna West	4:52.17	Lafayette	2016
3200m	Elissa Barnard	11:05.65	Lafayette	2022
100m Hurdles	Chelby Melvin	14.37	STEAM Academy@MSB	2021
300m Hurdles	Marissa Gress	44.43	Lafayette	2015
4 x 100m relay	Hazelwood Central	47.78		2017
4 x 200m relay	Hazelwood Central	1:41.59		2017
4 x 400m relay	Hazelwood Central	3:57.11		2017
4 x 800m relay	Lafayette	9:42.37		2022
Sprint Medley	STEAM Academy @ MSB	1:51.85		2021
Pole Vault	Sophia Schrader	11' 11"/3.63m	Parkway North	2022
	Mason Meinershagen	11'11" /3.63m	Oakville	2022
Long Jump	Genesis Dixon	18' 1 ¾ "/5.44m	Kirkwood	2021
Triple Jump	Jerrica Key	36' 10 ½ "/11.24m	Battle	2016
High Jump	Mason Meinershagen	5' 6" ¼ /1.68m	Oakville	2022
Shot Put	Martana Stemmons	41' 1 "/12.52m	Battle	2016
Discus	Shauniece O'Neal	136' 10"/41.71m	Hazelwood Central	2017
Javelin	Elizabeth Bailey	124' 3"/37.87m	Eureka	2021

Junior Varsity Girls

Event	Record Holder	Record	School	Year
100m	Jayla Sherrard	13.27	Hazelwood Central	2017
200m	Shakira Bent	26.64	Riverview Gardens	2017
400m	Rionna Powell	1:02.36	Hazelwood Central	2017
800m	Megan Bartz	2:36.67	Lindbergh	2016
1500m	Emily Sipp	5:21.29	Parkway West	2018
1600m	Natalie Butler	5:38.13	Parkway West	2016
3200m	Katherine Wuesthoff	12:18.85	Lafayette	2015
100m Hurdles	Sarah Dobson	17.81	Lafayette	2015
300m Hurdles	Alyssa Serafin	51.14	Lafayette	2017
	Kennedy Williams	51.14	Hazelwood Central	2022
4 x 100m relay	Northwest	53.82		2015
4 x 200m relay	Riverview Gardens	1:51.90		2017
4 x 400m relay	Lafayette	4:25.38		2016
4 x 800m relay	Parkway West	10:28.78		2016
Sprint Medley	Riverview Gardens	1:59.26		2016
Pole Vault	Lily Vellines	8' 5 ½ "/2.58m	Lafayette	2022
	Kate Christensen	8' 5 ½ "/2.58m	Lafayette	2022
Long Jump	Teresa Allgeyer	15' 8 ½ "/4.79m	Parkway West	2017
Triple Jump	Lejla Hajderovic	32' 6 ½ "/9.92m	Mehlville	2015
High Jump	Kylin Nichols	4' 10"/1.47m	Parkway North	2016
Shot Put	Paris Williams	33' 0 "/10.06m	Battle	2016
Discus	Asja Coleman	92' 8"/28.25m	Hazelwood Central	2017
Javelin	Katherine Weiss	83' 10 ¼ "/25.56m	Jackson	2022