

**St. Charles West High School**  
Activities Department  
3601 Droste Rd. St. Charles, MO 63301 Phone #: 636-443-4281 Fax #: 636-443-4285

## **St. Charles West Girls JV/V Meet 4/12/23**

**Updated: 4/6/23 – additional updates will be made on the mo.milesplit meet info page.**

**Location:** St. Charles West High School Steve Stahl Stadium – 2660 Zumbuhl Rd., St. Charles, MO 63301

**PARKING/ARRIVAL TIME:** Any athlete Driving themselves should avoid the Jefferson/Stadium Entrance between 2:50pm -3:10pm due to traffic/pickup. Direct them to the tech school lot by the baseball stadium.

**SCW Activities Director:** Terry Oetting [toetting@stcharlessd.org](mailto:toetting@stcharlessd.org) 636-443-4255

**Participating Schools:** TBD

**Scoring:** This will be a Scoring Meet 10-8-6-5-4-3-2-1

**Awards:** Medals will be awarded for the top 3 places in all events including relay events A plaque will be awarded for the top 2 places in boys & girls

**Meet Entries:**

- All entries will be made through milesplit.com.
- Coaches can manage their entries using this Online Entry Link You are allowed 2 entries for individual events and 1 entry in relay events
- Entries are **due by Tuesday April 11th at 5:00 pm** Coaches can manage their entries until **9:00 am on Wednesday, April 12th**

**Work Assignments:** Email top two work request to Coach McKinney [alonzomckinney3@gmail.com](mailto:alonzomckinney3@gmail.com) Everyone should expect to cover one field event plus maybe an exchange zone. Pole Vault Covered by SCW. **Due by MONDAY 4/10/23**

**Coaches Meeting: 3:00 pm**

**Field Events: 3:30pm, Running events: 4:00 pm**

**UPDATED 4/5/23:**

3:30 Field events (Time allotments TBD based on entries, Announced at coaches meeting)

- Varsity Shot – Cafeteria 4 throws
- JV Discus- Cafeteria 4 throws
- **\*\*\*\*JV and Varsity Javelin (together)\*\*\*\*** – 4 throws
- Varsity High Jump – Starting height to be announced at coaches meeting
- JV Pole Vault – Starting height 6'
- Varsity Long Jump- Cafeteria 3 Jumps (runway closet to track)
- JV Triple Jump – Cafeteria 3 Jumps (runway closer to fence)

**These field events will follow the completion of the of the opposite group above. Event judge will dictate applicable warm-up time. Listen for calls over PA.**

- JV Shot – Cafeteria 4 throws
- Varsity Discus- Cafeteria 4 throws
- JV High Jump – Starting height to be announced at coaches meeting
- Varsity Pole Vault – Starting height 7', may change based on number of entries
- JV Long Jump- Cafeteria 3 Jumps
- Varsity Triple Jump – Cafeteria 3 Jumps

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4:00 p.m. Running Events (Weather could dictate rolling schedule)

- No preliminaries; all heats against time
- All runners should report to the bullpen when called
- No spikes in bleachers or on turf
- No tape on track or runway
- ¼ inch or smaller pyramid spikes only; no needles

**Order of Events: JV First, Varsity to follow.**

**We will stay on this Schedule as long weather permits.**

4:00 4x800

4:25 100 Hurdles

4:45 100 Dash

5:05 4x200 Relay

5:15 1600 Run

5:30 4x100 Relay

5:40 400 Dash

6:05 300 Hurdles

6:25 800 Run

6:40 200 Dash

7:00 3200 Run

Senior Recognition

**4x400 Relay (will follow Senior ceremony)**