

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 9th/10th Grade Invitational

April 5, 2023

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

SCW Activities Director: Terry Oetting 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 3 entries for individual events and 1 entry in relay events
- Entries are **due by Tuesday, April 4 at 5:00 pm** Coaches can manage their entries until **9:00 am on Wednesday, April 5**

Work Assignments: Email top two work request to SCW AD, based the on the coaches you will have there. Everyone should expect to cover one field event. PV (Boys and Girls) Covered by SCW. **Due by MONDAY 4/3/23**

UPDATED 3/28/2023:

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

- Boys Shot – Cafeteria 4 throws
- Girls Discus- Cafeteria 4 throws
- ******BOYS and GIRLS Javelin (together)****** – 4 throws
- Boys High Jump – Starting height to be announced at coaches meeting
- Girls Pole Vault – Starting height 6', may change based on number of entries
- Boys Long Jump- Cafeteria 3 Jumps
- Girls Triple Jump – Cafeteria 3 Jumps

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

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

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
- 3/16 or smaller pyramid spikes only; no needles

Order of Events

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4:00 4x800

4:25 100/110 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

7:30 4x400 Relay