

# LUTHERAN ST. CHARLES "Season's Open" Meet

## PRE-MEET INFORMATION



**Date:** Friday, March 19<sup>th</sup>, 2021

**Time:** Coaches Meeting: 3:30 PM

Field Events: 4:00 PM

Track Events: 4:30 PM

**Coaches Meeting:** There will be a coaches meeting at 3:30 PM in front of the Pressbox. Each team must have at least 1 representative present. We will make final scratches and heat adjustments if necessary. **There will be NO ADDS.**

**Meet Entries:** We will use TRXC Timing and the meet registration will be through Milesplit. Please refer to the [www.trxctiming.com](http://www.trxctiming.com) for additional meet details and entry information. Entry Limits: Unlimited (NO RELAYS)

**COVID PRECAUTIONS:** All Athletes, Coaches & Spectators will be required to wear masks when inside the stadium. Athletes will not be required to wear masks during warm-up and competition. Teams are highly encouraged to bring their own equipment (throwing implements, blocks etc.)

**Field Events:** **UNFORTUNATELY, WE WILL NOT BE ABLE TO HOST POLE VAULT AS AN EVENT IN 2021.** All field events (aside from HJ) will be run cafeteria style with 4 attempts & no finals. Each pit/ring will be open for 2 hours; a final attempt announcement will be made with 10 mins left in the competition; Run-throughs will not be allowed once the event has started. Per new MSHSAA guidelines, athletes will not be able to run in the opposite direction on the runway to get marks.

**Awards:** A team champion plaque will be awarded to the first place team in each division (Mens / Womens). Medals will be awarded to the Top 3 places in each event. Team Scoring will follow the 10-8-6-5-4-3-2-1 format for all events.

**Team Camps & Warm-Ups:** Coaches & Administrators, please help supervise your program as we would like to limit the field (turf) infield access to **Coaches & Competing Athletes ONLY.** Please ensure that your athletes are not setting up a team camp on the infield or in the designated warmup areas. We have plenty of seating available in the stands and hills. **PLEASE, NO TEAM TENTS IN THE HOME STANDS.**

**2021 Teams Entered:** Lutheran; Bishop Dubourg; Trinity; Tolton; Incarnate Word; Ursuline Academy

**Officials/Starters:** Frank Greco & Craig Kammien

**Games Committee:** Head Coaches from Lutheran, Trinity, Incarnate Word

## Meet Schedule

### **4:00 PM – Field Events** (Warmups begin at 3:30 PM)

Men - Long Jump (East Pit); Javelin; Shot Put

Women – Long Jump (West Pit); High Jump; Discus

### **4:30 PM – Running Events**

Rolling Meet Schedule with Women's events before Men's

### **6:15 PM – Field Events** (Warmups begin at 6:00 PM)

Men - Triple Jump (East Pit); High Jump; Discus

Women – Triple Jump (West Pit); Javelin; Shot

**Field Events Reminder:** We would like to have all participants in the 4:00 PM field events complete by 6:00 PM (2 hours).

## **Order of Running Events**

1. 100/110 hurdles
2. 100 dash
3. 1600 run
4. 400 dash
5. 300 Int. hurdles
6. 800 dash
7. 200 dash
8. 3200 run

