

2023 Lion's Den JV Invitational

ENTRY INFO: momilesplit.com, deadline **Monday, 4/17 @ 9AM**

- 2 entries per open, one relay
- [TRX Timing](#) live results
- [Click Here](#) to see heat and flight sheets
- \$200.00 per team. \$400 for both boys and girls. Please pay by the meet date.
Cardinal Ritter College Prep Track & Field
ATTN: Tiffany Spain
701 N. Spring
St. Louis, MO 63108

GENERAL INFORMATION:

- Monday: Coaches Meeting @ 4:00pm in the Common/Café
- Monday Field events begin @ 4:30pm
- Monday 5:00pm Running events begin with 4x800, rolling schedule thereafter
- Medals: Top 4, athletes pick up at awards table after results are announced
- Public restroom inside the stadium near concession stand Coaches hospitality in the Common/Cafe
- **Competition Equipment** Teams are responsible for cleaning and sanitizing their own equipment between uses if multiple athletes are using the same implement.
- **Bullpen** Will be located in the center of the field. Athletes should check in and report straight to their starting line.
- **Warmup Area** The infield should be used as a warmup area **ONLY** and not an area for congregation. Only athletes warming up for their specific upcoming event(s) should be allowed in the infield.
- **Trainer** We will have a trainer located on site to address team needs. The trainer station will be located inside the shed.
- **Buses** Athletes may be dropped off in the main parking lot leading into the stadium, however buses will need to then park in front of the school on Spring in front of the school

FACILITY: PLEASE SHARE THIS WITH YOUR PARENTS

- Spectators can park lower the parking lot, but must enter the meet on the stadium's main gate off the parking lot (NOT the BACK gate)
- \$5 per person **Spectators must stay in the grandstands, No spectators on the track, jumps areas, throws area, or field house.**

We look forward to seeing you on our campus!!!

Tiffany Spain
Head Coach Boys & Girls
tspain@cardinalritterprep.org
314-494-0604

Demonsur Burch
Assistant Head Boy & Girls
dburch@cardinalritterprep.org

Robert Wallace
Athletic Director
rwallace@cardinalritterprep.org
314-610-1331

Meet Schedule

4:30 FIELD EVENTS

HIGH JUMP – Girls (Boys to follow)

LONG JUMP – Boys/Girls

SHOT PUT – Boys (Girls to follow)

DISCUS – Girls (Boys to follow)

TRIPLE JUMP – Will follow

RUNNING EVENTS (GIRLS THEN BOYS)

“Rolling Schedule”

4x8

100m HURDLES

100m DASH

4X200 RELAY

1600m RUN

4X100 RELAY

400m DASH

800m DASH

200m DASH

3200 Run (Combined)

BUFFALO RUN

4X400 RELAY

