

2nd Annual Lions Den Varsity Invitational



Date: April 16th, 2022

Location: Cardinal Ritter High School Track

Entries: All entries must be completed online. [Online Entry Link](#)

Entry

Deadline: All entries are due no later than **Friday, April 15th at 9:00am**

Meet

Program: [Heat/Flight Sheets](#)

Entry Limits: Each school is allowed (2) entries per open event and 1 relay team per event.

Bus Drop Off: Please pull into the Parking lot located off of Enright to drop off tents and equipment-then instruct all bus parking to take a right on right, Right on N. Spring, and park in front of the school .

Meet

Questions: Tiffany Spain (314) 494-0406 tspain@cardinalritterprep.org

Entry

Questions: Tyler Cain TRXC Timing tyler@trxctiming.com

Surfaces: All-weather track and runway surfaces. Ritter is proud to have two separate runways one for TJ and one for LJ Spikes *no longer than 1/4 inch* is allowed on the track. Anyone found wearing longer spikes will be disqualified.

Time Schedule

Coaches meeting 8:30

Field Events: 9:15

Running events: 10am

Rolling Schedule

10:00 am	4x800 Relay
10:40 am	100/110 Hurdles
11:00 am	100m
11:20 am	4x200
11:35 am	1600m
12:00 am	4x100
12:20 am	400m
12:45 am	300m Hurdles
1:15 pm	800m
1:35 pm	200m
Break to Honor 2022 Seniors	
2:10 pm	3200m
2:45 pm	4x400

***Times may run late, listen for calls if we're running late.

9:15 am

Boy's Shot Put (4 Throws, no finals)
Girl's Discus (4 Throws, 2 and 1, no finals)
Boys Long Jump (120 min. Cafeteria Style. 4 jumps, no finals)
Girl's Triple Jump (120 min. Cafeteria Style. 4 jumps, no finals)
Boys High Jump

12:00 am

Girls Shot Put (4 Throws, no final)
Boys Discus (4 Throws, no finals)
Girl's Long Jump (120 min. Cafeteria Style. 4 jumps, no finals)
Boy's Triple Jump (120 min. Cafeteria Style. 4 jumps, no finals)
Girls High Jump
Boy's & Girl's Javelin (150 min. Cafeteria Style. 4 throws, no finals)