

**2023 Bob Carter Invitational**  
**At**  
**Lutheran St. Charles High School**



**Date:** Saturday, March 25, 2023

**Time:** Field Events: 900am Track Events: 945am

**Coaches Meeting: 830am** – Each team is required to have a representative present for the coaches meeting. From there, final scratches and heat adjustments will be made if necessary. **THERE WILL BE NO ADD-ONS.**

**Meet Entries:** Meet registration will be through mo.milesplit.com. [Online Entry Link](#)

Varsity Entries – 2 per open event and 1 relay team

Junior Varsity Entries – 2 per open event and 1 relay team

Entry Deadline – **ALL ENTRIES ARE DUE BY FRIDAY, MARCH 24, 2023, AT 900AM**

**Field Events:** Besides the High Jump and Pole Vault, ALL field events will be run cafeteria style with 3 attempts/NO FINALS. Each pit/ring will be open for 1.5 hours. A final attempt notice will be made within 10 minutes at the end of competition.

**Awards:** A team champion plaque will be awarded to the 1<sup>st</sup> place team in each Varsity division (Men/Women). Medals will be awarded to the top 3 places in each Varsity event. Team scoring will follow be for the Varsity division only.

**Team Camps/Warm-Ups:** The turf football field will have limited access to coaches and competing athletes only. Athletes are not to set up team camps on the infield or the designated warm-up areas. We will designate a 50-yard warm-up area, which will be roped off on the turf.

**Heat/Flights:** [Click Here](#) to see heat and flight sheets

**Live Results:** <https://liveresults.trxctiming.com/>

**Officials/Starters:** Shai'Kenya Williams and Ashley Harris

**Games Committee:** Will be advised during the coaches meeting.

**Field Event Assignments:** Will be advised during the coaches meeting.

## **MEET SCHEDULE**

### **9:00 am – Field Events**

Men – Long Jump (West Runway)  
Javelin  
Shot Put

Women – Long Jump (East Runway)  
High Jump  
Discus

### **11:30am – Field Events**

Men – Triple Jump (West Runway)  
High Jump  
Discus

Women – Triple Jump (East Runway)  
Javelin  
Shot Put

## **Order of Running Events**

### **9:45am (Women/Men)**

1. 4 x 800m Relay
2. 100m Hurdles
3. 110m Hurdles
4. 100m Dash
5. 4 x 200m Relay
6. 1600m Run
7. 4 x 100m Relay
8. 400m Dash
9. 300m Hurdles
10. 800m Run
11. 200m Dash
12. 3200m Run
13. 4 x 400m Relay