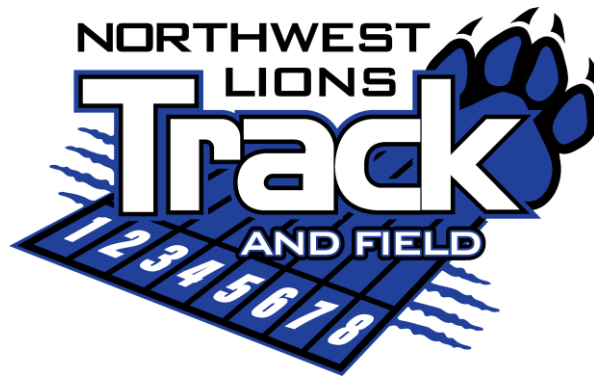


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Monday, April 15th

Northwest High School is excited to invite you to our JV Invitational.

- Please let your fans know that there may be a \$5 admission fee entering the stadium.
- There will be a rolling schedule for running events this year!
- [TRXC Timing](#) will be timing the meet this year. Please register at mo.milesplit.com. Entries, scratches, and changes may be made until Monday, April 15 at 9:00 AM
- There will be a coaches meeting at 3:30 p.m. in the bleachers.
- One-fourth inch spikes or less may be used on all weather surfaces. Tennis balls and chalk only may be used on the track and runways (no tape). Throwing circles are concrete.
- The turf field is for coaches and athletes **warming up only**, and **no food is allowed out on the turf**. All athletes not warming up need to be off of the field area and away from the bullpen.
- Tents may be set up in the field between the concession stand and the long and triple jump.
- Northwest will not provide locker rooms.
- There will be a concession stand.

Limitations:

- Schools may enter three individuals and two relay teams in running events, and four individuals in each field event.
- **Athletes of any grade can compete on JV. We trust coaches to use discretion based upon your team's needs and the athletes previous performances.**
- Races will begin promptly at 4:00 p.m. and will follow a rolling schedule. Heats/Flights will be seeded by time and distance entered. There will be no prelims.
- Field event participants will get three attempts. Starting heights for field events will be decided based upon entries. High Jump will go up by 5 centimeters per height, and vault 15. No pooling implements in shot and discus and teams will shag their own implements.
- **Long and triple jump will be open for a 90 minute window in which all jumps need to be completed.**

Awards: There will be a 1st place team award and medals for the first three places.

Scoring: 10-8-6-5-4-3-2-1.

Workers: We will need a coach from each team to help assist us in running field events and judging exchange zones. Click [HERE](#) to fill out the form to let us know your work preferences. Work assignments will be listed below. **Please try to bring along help if you are working a field event.**

Entry Fee: \$125 per division

Performance: [Heat and Flight Sheets](#)

Ken Campbell
Head Boys' Track Coach
kcampbell@northwestschools.net

Charles Guilford
Head Girls' Track Coach
cguilford@northwestschools.net

Kyle Wampler
Athletic Director
kwampler@northwestschools.net

Field Event Time Schedule		
Shot Put	4:00 p.m.	Girls
Discus	4:00 p.m.	Boys
High Jump	4:00 p.m.	Girls
Pole Vault	4:00 p.m.	Boys
Javelin	4:00 p.m.	Girls
Long Jump	4:00-5:30	Girls
Triple Jump	5:30-7:00	Boys
Shot Put	5:30 p.m.	Boys
Discus	5:30 p.m.	Girls
High Jump	5:30 p.m.	Boys
Pole Vault	5:30 p.m.	Girls
Javelin	5:30 p.m.	Boys
Long Jump	5:30-7:00	Boys
Triple Jump	4:00-5:30	Girls

Running Event Order
<i>RUNNING EVENTS BEGIN AT 4:00 p.m.</i>
<i>Boys followed by Girls</i>
4x800 Meter Relay
Boys 110 Meter High Hurdles
Girls 100 Meter High Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
4x100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4x400 Meter Relay

Starting Heights		
EVENT	Girls	Boys
High Jump	1.2m	1.3m
Pole Vault	2.20m	2.20m

Official heights will be revisited after the entry window has closed.

Starters	
Bullpen	
Awards	
Announcer	
T-Shirt Sales	
Games Committee/Jury of Appeals	

Work Assignments

Boys High Jump	
Girls High Jump	
Boys Long Jump	
Girls Long Jump	
Boys Triple Jump	
Girls Triple Jump	
Boys Pole Vault	
Girls Pole Vault	
Boys Shot Put	
Girls Shot Put	
Boys Discus	
Girls Discus	
Boys Javelin	
Girls Javelin	
ALL 4x100	
Exchange 1	
Exchange 2	
Exchange 3	
ALL 4x200	
Exchange 1	
Exchange 2	
Exchange 3	
Break Line	

Work assignments will be updated as work requests are received. They are NOT FINAL until the week of the meet.

Teams Interested		
Team	Boys	Girls
Fox	X	X
Lindbergh	X	X
Northwest	X	X
Oakville	X	X
Pattonville	X	X
Seckman	X	X
Windsor	X	X

