



Limited Unlimited Early Bird || Friday, March 16th

MEET CANCELLED

- Entry: This will be a ***GIRLS Only Meet***
- All entries must be submitted by 5:00 pm Wednesday March 14th, [Online Entry Form](#)
- Coaches may edit rosters and entries until 9:00 am Fri., March 16th, [Scratches/Changes](#)
- Entry Limits: Unlimited entries in running events (100, 100H, 400, 800, 1600)
3 PER GRADE in field events
- Entry Questions: Rich Schilling, TRXC Timing 314-522-6176 rich@trxctiming.com
- Meet Questions: Ryan Banta rbanta@parkwayschools.net
- Scoring: This meet will be set up so that athletes will be competing against their grade level.
Freshman vs. Freshman, Sophomore vs. Sophomore, Junior vs. Junior, Senior vs. Senior
- The meet will be FAT timed and the running events will be filmed.
- Teams Attending: McCluer North, Northwest Cedar Hill, Parkway Central, Parkway South, St. Joseph's Academy, Ursuline, and Westminster Christian Academy

Parkway Central High School Track and Field



Running and Field Event Information

Coaches Meeting at 4:00pm

Running events

Start at 4:15 pm and the rest of the events are on a rolling schedule.

Each running event will start with Seniors followed by Juniors, Sophomores, and Freshman.

800 Run	(Sixteen Athletes Per Heat Power Seeded by Grade)
100 High Hurdles	(Power Seeded by Grade) Freshmen will be at Low Height
100 Dash	(Power Seeded by Grade)
1600 Run	(Sixteen Athletes Per Heat Power Seeded by Grade)
400 Dash	(Power Seeded by Grade)

Field events

Discus-	Starting with Seniors, Jr, Soph, Fresh. Event will be worked by Parkway Central and Parkway South Coaches.
Shot Put-	Starting with Fresh, Soph, Jr. Seniors. Event will be worked by Westminster.
Triple Jump-	All jumps will be cafeteria style jumping into the east sand pit St. Joseph's Academy Coaches
Long Jump-	All jumps will be cafeteria style jumping into the west sand pit. Event will be worked by McCluer North Coaches
High Jump-	Starting with Fresh & Soph, followed by Jr. & Seniors.. Event will be worked by Ursuline Coaches. Starting heights will be established at coaches meeting.
Pole Vault -	All athletes will contest at the same time. Event will be worked by Parkway Central Coaches. Minimum heights will be established at coaches meeting.
Javelin-	Starting with seniors followed by juniors, sophomores, juniors, and seniors worked by Northwest Cedar Hill.