

Park/Rock Varsity Girls

Thursday, April 1, 2021 - 4:15pm

Hosted by Eureka High School

Teams - Parkway Central, Parkway North, Parkway West, Parkway South, Eureka, Lafayette, Rockwood Summit, Marquette

Entries - All entries will be through [Mo.Milesplit.com](https://www.mo.milesplit.com). Entries will be limited to 2 individuals and 1 relay. Rockwood guidelines allowed each team to enter a maximum of 32 athletes.

Entries are due by April 1st at 9:00am.

Results - Results can be found at [www.TRXCtiming.com](https://www.trxctiming.com).

Meet Schedule - We will use a time schedule for the meet. Field events will start at 4:15. Running events will start at 4:30. We will not get ahead of schedule. With only 8 teams and one level I have built in a little down time so that the girls have time to recover from one event to the next.

All events are finals. There are no Prelims.

Coaches Meeting - There will be a coaches meeting at 3:50pm at the finish line.

Games Committee - All head coaches

No Spectators are Allowed

Awards - The winning team will receive a plaque

Track Infield - The only people allowed on the infield are athletes who are warming up for an event. There is also a grass field near the track that can be used to warm up to increase social distancing. No one will be allowed to hang out on the turf.

Masks - Masks must be worn at all times when not actively competing, warming up or cooling down.

Track Surface - ¼" spikes and below will be allowed on the track and runways. No tape should be used. Tennis balls can be used in relays and field events.

Team Camp / Pods - Schools will be able to set up their camp/pod area in pre designated areas around the track and in the bleachers. I will send out more info on this as we get closer to the meet. Coaches are also responsible for monitoring their camp areas to make sure athletes are following mask and social distancing protocols.

Team Tents - No team tents are allowed per STL County Department of Health Guidelines.

Locker Rooms - Locker rooms will not be available. Restrooms are located inside the school building right behind the press box.

Concessions - Concessions will not be sold. Please inform your coaches and athletes that they will need to provide their own water and food.

Athletic Trainer - An athletic trainer will be available, but we ask that you only request assistance in emergency situations to protect the health of our athletic trainer.

Meet Workers - Each team will be responsible for helping runoff events. Due to Covid limitations we may need a little more help than normal.

Questions - Email Darrell Lewis (LewisDarrell@rsdmo.org)

Meet Schedule

4:15pm

Pole Vault
High Jump
Triple Jump
Discus

5:30pm

Long Jump
Shot Put
Javelin

Running Events

4:30 4x800 Relay
4:50 100m Hurdles
5:05 100m Dash
5:15 4x200 Relay
5:30 1600m Run
5:45 4x100 Relay
6:00 400m Dash
--Break--
6:30 300 Hurdles
6:45 200m Dash
7:00 3200m Run
7:20 4x400 Relay