

2024 Zumwalt East Lions Quad

Date: Friday March 22, 2024

Live Results: [TRXC Timing](#)

Performance List: [Heat Sheets/Flight Sheets](#)

Click Here for [MO.Mile Split](#)

Time: 3:30 p.m. Field Events; 4 p.m. Running Events
(Coaches' Meeting: 3 p.m)

Teams: Zumwalt East, Bayless,

Site: Fort Zumwalt East High
School 600 First Executive
Ave. St. Peters, MO 63376

Level: Girls & Boys / Open, no divisions

Entries: 5 entries per gender. No divisions

Meet entries & timing will be handled through TRXC

Fees: Meet costs to be divided amongst participating schools.

General Meet Information

- ❖ Coaches meeting will be at 3 pm; Field events will start at 3:30 pm, running events at 4 pm.
- ❖ Athletes are limited to competing in 4 events.
- ❖ Entries are due by **Thursday March 21, 2024 at 9AM**
- ❖ Entry questions email [Paul Golian](#) – TRXC Timing
- ❖ Long and Triple jumps – 3 jumps (cafeteria),
- ❖ Shot Put and Discus – 3 throws (2-1)
- ❖ Each team should provide a worker for 1 field event.
- ❖ We will follow M.S.H.S.A.A. and N.F.H.S. handbook rules.
- ❖ All teams should come dressed. Locker rooms will NOT be provided.
- ❖ There are outdoor restrooms available. School is off-limits.
- ❖ Limited concessions will be available.

- ❖ A trainer will be available throughout the meet.
- ❖ Tents must be in designated areas only – outside of the fence area.
- ❖ Buses may drop off athletes at the track entrance, and should park in the upper lot.
- ❖ Please no tape on track or runways – tennis balls may be used for relays, chalk on runways.
- ❖ Please remind athletes to stay off of the infield and finish line area. No teams should assemble in the finish line area.

Tentative Work Assignments & Field Event Times: TBD

HJ: Boys 3:30, girls after

PV: Girls 3:30, boys after

LJ: 3:30-4:30, 2 runways

TJ: 5-6pm, East runway B & G

D: B: 3:30-4:15p G 4:30-5:15

SP: G: 3:30-4:15p B: 4:30-5:15

Jav: 2 runways 5:30-6:15

4x100 2nd exchange; 4 x 200 1st/3rd exchange

Breakline, 4x100 1st exchange - EAST

4x100 3rd exchange

All coaches help with hurdle judges

ORDER OF RUNNING EVENTS:

TIME: 4 PM

4X800 (girls followed by boys—may combine depending on number of entries)

100M HIGH HURDLES (G) JV-30" 100M HIGH HURDLES (G) V-33"

110M HIGH HURDLES (B) JV-36" 110M HIGH HURDLES (B) V-39"

100M DASH

4X200

1600M RUN

4X100

400M DASH

300M LOW HURDLES (G) JV/V-30" 300M INTERMEDIATES (B) JV-33"

300M INTERMEDIATES (B) V-36"

800M RUN

200M DASH

3200M RUN:

(girls followed by boys—may combine depending on number of entries)

4X400

HJ: Boys 3:30, girls after

PV: Girls 3:30, boys after

LJ: 3:30-4:30, 2 runways

TJ: 5-6pm, use east runway B & G

D: B: 3:30-4:15p G 4:30-5:15

SP: G: 3:30-4:15p B: 4:30-5:15

Jav: 2 runways 5:30-6:15