

2024 Zumwalt East Throwdown

- Date:** Monday, April 1, 2024
- Time:** 3 p.m. (Coaches' Meeting: 2:10 p.m.)
- Teams:** 12 teams
- Site:** Fort Zumwalt East High
School 600 First Executive
Ave. St. Peters, MO 63376
- Level:** Girls & Boys Varsity
- Entries:** 3 athletes per field event, 1 relay per team
Meet entries will be handled TRXC Timing
Registration questions email [Paul Golian](mailto:Paul.Golian@trxc.com)
- Fees:** \$100 per gender per team
- Scoring:** 10, 8, 6, 5, 4, 3, 2, 1. This is a relay event so the marks of 3 athletes/team will be combined to score each event.
- Awards:** Top 3 teams (3 individuals for each team in field events) in each event will medal. Plaques to be awarded for first place team. Girls and Boys score separately.

Performance

List: [Click Here](#) to see heat and flight sheets

Live

Results: [TRXC Timing](#)

Milesplit: [Click Here](#)

General Meet Information

- ❖ Coaches meeting will be at 2:10 pm; Field events will start at 3 pm, 4x100 relay after field events finish
- ❖ Top 3 places (relay-style) will medal.
- ❖ Plaques will be awarded to the first-place team.
- ❖ We will score eight places: 10, 8, 6, 5, 4, 3, 2, 1.
- ❖ Athletes must be in a throws event to compete in the 4 x 100 relay
- ❖ 3 throw attempts
- ❖ **Meet entries due by Monday April 1 @ 9AM**
- ❖ We will need coaches to work events, but will have athletes helping
- ❖ Awards Ceremony on the track after the relay finishes
- ❖ Tents must be in designated areas only - near throws area
- ❖ 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.
- ❖ A trainer will be available throughout the meet.
- ❖ Buses may drop off athletes at the track entrance and should park in the upper lot.

Tentative Time Schedule:

*We will start events earlier, if we finish sooner

Event 1: 2:45p w/u, 3- 4pm

Event 2: 15min w/u, 430-530pm

Event 3: 15 min w/u, 6-7pm

~7p, after throws-- 4 x 100 Relay Awards
after relay

3 Groups w/ 4 teams each, both genders;

we will rotate to each event (Jav-SP-D);

GROUPS - boys and girls teams stay together; while team 1 is competing, team 2 should be warming up to be ready- boys and girls together; Team 2 competing, team 3 warming up, etc.