

2024 Zumwalt East Throwdown

- Date:** Monday, April 1, 2024
- Time:** 1:30 p.m. (Coaches' Meeting: 1:00 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 by TRXC Timing on [Milesplit](#)
Registration questions email [Paul Golian](#)
- 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.
- Meet Program:** [Click Here](#)
- Live Results:** [TRXC Timing](#)

General Meet Information

- ❖ Coaches meeting will be at 1:00 pm; Field events will start at 1:30 pm, 4x100 relay after field events finish
- ❖ Top 3 places (relay-style) will medal.
- ❖ Teams can enter less than 3 athletes, but they won't be scored as a team for points
- ❖ 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.
- ❖ Seeding will be setup by teams

Tentative Time Schedule:

(Times are approximate – we will be racing forecasted bad weather – please be advised that we may move groups ahead after they finish their previous event)

*We will start events earlier if we finish sooner

Event 1: 1:15 pm w/u, 1:30 pm – 2:30 pm

Event 2: 15 min w/u, 2:45-3:45 pm

Event 3: 15 min w/u, 4:00 -5:00 pm

~5:00 pm, after throws-- 4 x 100 Relay Awards after relay

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.

See groups below:

Group 1: Shot Put - Javelin - Discus

FZE - G & B

Troy - G & B

Warrenton - G & B

FZW - G & B

If new team adds**

Group 2: Javelin - Discus - Shot Put

Mehlville - G & B

FH - G & B

FZS - G & B

Liberty - G & B

Cor Jesu - G only

Group 3: Discus - Shot Put - Javelin

Vashon - G & B

SC - G & B

U City - G & B

FHN - G & B

Winfield - G & B