



## **2024 Fort Zumwalt North Track and Field Invitational**

**Site:** Fort Zumwalt North High School

**Date:** Friday, April 19th – Fort Zumwalt North High School will conduct its 28<sup>th</sup> Annual Track and Field Invitational for Boys and Girls

**Location:** *FZ North High School, 1230 Tom Ginnever Ave. O'Fallon MO 63366*

**Registration:** Please go to [momilesplit.com](https://momilesplit.com) to register for the meet.

**Entries are due at 9:00AM on Thursday, April 18<sup>th</sup>**

If you have any entry questions please contact

Expense for the meet will be pro-rated between all participating schools.

**Teams are limited to 2 entries per event.**

Medals will be awarded to places 1, 2, 3 and team plaques to the top two teams in each division (Boys and Girls)

We will try and maintain a time schedule and will do everything we can to remain on schedule. We are asking each school to provide one official to help run the meet.

***\*\*Note – Each team will be required to assist in running off the meet.***

**Live Results:** [TRXC](#)

**Performance:** [Heat and Flight Sheets](#)

# 2024 FZN Track Meet

## Schedule of Events

**3:00** Coaches Meeting – *Must start at 3:00 sharp!*

### Field Events

**3:30** Girls Shot Put, Boys Shot Put, Girls Pole Vault, Boys Disc, Boys High Jump, Boys Triple Jump, Girls Long Jump, Girls Javelin

**5:15** Boys Javelin, Girls Disc, Boys Long Jump, Girls High Jump, Boys Pole Vault, Girls Triple Jump

\*Please note the throw events will use the 1-1-1-1 format

### Track Events

- Girls will run prior to Boys in each event
- There will be no prelims
- Events will be power seeded

**3:30** 3200 Meter Run  
**4:00** 3200 Meter Relay  
100M/110M High Hurdles  
100M Dash  
Para 100M Dash  
4X200M Relay  
1600M Run  
4X100M Relay  
400M Dash  
Para 400 M Dash  
300M Hurdles  
800M Run  
200M Dash  
Para 200 M Dash  
**FZN Senior Recognition**  
4x400 Meter Relay

- The medal table will be set up by the bullpen. Medals will be handed out after each event is completed and scored.

## **Worker Assignments**

**Boys Discus – Northwest**

**Girls Discus - FHC**

**Boys Shot – FZN**

**Girls Shot – FHN**

**Girls Pole Vault – Timberland**

**Boys Pole Vault – SCW**

**Girls High Jump – FZS**

**Boys High Jump – Warrenton**

**Girls Triple Jump –Troy**

**Boys Triple Jump – Holt**

**Girls Long Jump – FZN**

**Boys Long Jump -FZE**