



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 28th Annual Track and Field Invitational for Boys and Girls

From: Ted Hickey - FZN Activities Director, **Josh Janisse** - Head Girls Track Coach, **Nick Fisher** – Head Boys Track Coach

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

Registration: Please go to momilesplit.com to register for the meet.

Entries are due at 9:00AM on Friday, April 19th

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

5:00 Boys Javelin, Girls Disc, Boys Long Jump, Girls High Jump, Boys Pole Vault, Girls Triple Jump

*Please note the throw events will use the 2-2 format and Jav cafeteria style

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 – FZN

Boys Pole Vault – FZN

Girls High Jump – FZS

Boys High Jump – FZE

Girls Triple Jump –Troy

Boys Triple Jump – Holt

Girls Long Jump – FZN

Boys Long Jump -Warrenton

Girls Jav- Winfield

Boys Jav- FZW

4 x 100

1st Northwest

2nd FZN

3rd FZS

4 x 200

1st & 3rd FZN

2nd FZW

4x800, 1600, 3200, 4x400 break-in: FZN