

FORT ZUMWALT WEST HIGH SCHOOL
1251 Turtle Creek Drive
O'Fallon, Missouri 63366
Phone: 636-379-0300 Fax: 636-379-5810

Dr. Bernard J. Dubray, Superintendent
Dr. Ed Dreyer, Head Principal
Mr. Anthony Wiber, Activities Director
Mr. John Cunningham, Head Boy's Coach
Mr. Maurice Vick, Head Girl's Coach

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To: Athletic Directors/Track Coaches
From: John Cunningham: Meet Manager
Re: 22st Annual Fort Zumwalt West Jaguar Invitational (**Varsity Only**)
Date(s): Saturday March 25th 2023
Place: Fort Zumwalt West High School: 1251 Turtle Creek Drive/O'Fallon, Missouri/
636-379-0300
Time: 8:30AM (Coaches Meeting). 9:00AM (1st Field Events)
Entry Fee: \$450 for both genders, \$225 for one.
Entries: Two (2) Varsity athletes per event and one (1) Varsity relay.
Deadline: The entry deadline will be **Wednesday, March 22nd, 2023 at 5:00p.m.**
Scratches/changes can be made to entries until **Friday, March 24th at 9:00a.m.**
Go to [MO.Milespilt](https://mo.milespilt.com) to enter and manage your athletes.
There will not be any adds at the Coaches Meeting

Heat Sheet: [Click Here](#) to see heat and flight sheets
Rules: We will follow the M.S.H.S.A.A. and N.F.H.S. rules.
Teams: **Varsity Boys:** Zumwalt East, Zumwalt North, Zumwalt West, Howell Central,
Howell North, Hickman, Holt, North Point, Ritenour, St. Charles West, Troy (11)
Varsity Girls: Cor Jesu, Zumwalt North, Zumwalt West, Howell Central, Howell North,
Hickman, Holt, Nerinx Hall, North Point, Ritenour, Troy (11)
Questions: John Cunningham – 636-379-0300 (w)/ jcunningham@fz.k12.mo.us

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1. **March 22rd, 2023 is the deadline for finalizing entries for the Jaguar Invitational Meet.**
2. **Coaches meeting will be held at 8:30AM in front of the press box.**
3. **Entries will be done on the trxctiming.com website.**
4. **Results will be available on trxctiming.com.**
5. **Coaches will be assigned work assignments. If you are not able to fulfill your work assignment you may switch with another school. Please notify John Cunningham if you are not able to switch.**
6. **Two (2) athletes per event from each school with one (1) relay team.**
7. **We will follow M.S.H.S.A.A. and N.F.H.S. handbook rules.**
8. **All teams should come dressed. LOCKER ROOMS WILL NOT BE PROVIDED.**
9. **Restrooms will be provided.**
10. **Each athlete should bring their own water.**
11. **Our trainer will be available for your convenience throughout the meet(s).**
12. **The Fort Zumwalt West Booster Club will sell concessions.**
13. **Coaches, please keep all athletes, not competing in an event, in your designated areas.**
14. **Tents must be placed in designated areas only. (East Side of stadium: Visitors side and upper soccer field)**
15. **We will score 8 places: 10-8-6-5-4-3-2-1**
16. **¼" spikes only on the track and runways.**
17. **Buses should all park in the upper parking lot.**

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Field Events:

1. Contestants shall report immediately when the event is announced. After being called for each trial, the contestant shall complete the trial within 1 ½ minutes. EXCEPTIONS: contestants in the pole vault are allowed 2 minutes.
2. A competitor will be charged with an unsuccessful attempt if he/she does not complete the trial or does not indicate that they are passing within the specified time.
3. Each competitor in the Shot Put and Discus shall receive **3 trials** with **NO FINALS**.
4. Shot put and discus shall be conducted in flights.
5. Each Competitor in the triple jump and long jump shall receive **3 trials** with **NO FINALS**.
6. Triple and Long Jump will be run cafeteria style within a specified time limit.
7. Finals only will be held in the pole vault and high jump.
8. Contestants may use their own implements in competition provided they are inspected and approved by the head field judge.

Running Events:

1. The 800 Meter, 1600 Meter, 3200 Meter runs and the 3200 meter relay will be staggered for one – turn Box Alleys. Every two adjacent lanes on the track shall constitute a box alley, with a maximum of four competitors assigned per box according to the following:

Box 1 = 3,7,11,15/ **Box 2**= 1,5,9,13/ **Box 3**= 2,6,10,14/ and **Box 4**= 4, 8,12, 16

1. In the 1600 meter relay a three turn stagger will be used and runners may move for the pole after the 3rd turn.
2. Girls will run prior to boys.
3. There will be no preliminaries
4. Events will be power seeded

Field Event Starting Heights:

Girls High Jump TBD

Boys Pole Vault TBD

Boys High Jump TBD

Girls Pole Vault TBD

Long Jump (9:00a.m.) – 90 min Open Order

Boys Varsity 3 Jumps no finals Runway #1

Girls Varsity 3 Jumps no finals Runway #2

Triple jump to follow in the same format.

Girls & Boys Long Jump 9:00-10:30a.m.

Triple Jump Warm-Up: 10:45-11:15a.m.

Boys & Girls Triple Jump: 11:15-12:45p.m.

High Jump (9:00a.m.)

Boys Varsity

Girls to immediately follow in the same format

Throws (9:00a.m.) – 3 throws no finals

Boys Varsity Shot Put

Girls Varsity Discus

Girls Varsity Shot Put & Boys Varsity Discus to immediately follow in the same format

Pole Vault (9:00a.m.)

Girls Varsity

Boys to immediately follow in the same format

Javelin (12:00p.m.)

Girls Varsity

Boys to immediately follow in the same format

Time Schedule

8:30AM- Coaches Meeting

9:00AM - Boys High Jump

Girls Pole Vault

Girls Long Jump (Cafeteria Style – 90 min) - 3 Jumps

Boy Long Jump (Cafeteria Style – 90 min) - 3 Jumps

Girls Discus (3 THROWS NO FINALS)

Boys Shot Put (3 THROWS NO FINALS)

12:00PM - Javelin (Girls followed by Boys)

- Girls High Jump, Boys Pole Vault, Boys & Girls Triple Jump, Boys Discus, Girls Shot Put, and Boys Javelin will begin at the completion of above mentioned events.

We will use a Rolling Time Schedule

9:30AM - Girls 4x800

Boys 4x800

Girls 100M Hurdles

Boys 110M High Hurdles

Girls 100M Dash

Boys 100M Dash

Girls 4x200M Relay

Boys 4x200M Relay

Girls 1600M Run

Boys 1600M Run

Girls 4x100M Relay

Boys 4x100M Relay

Girls 400M Dash

Boys 400M Dash

Girls 300M Low Hurdles

Boys 300M Intermediate Hurdles

Girls 800M Run

Boys 800M Run

Girls 200M Dash

Boys 200M Dash

Varsity Girls 3200M Run

Varsity Boys 3200M Run

Girls 4x400M Relay

Boys 4 x400M Relay