



GAC Central Conference Championships

- Date:** Friday, May 5, 2023
- Site:** Liberty (Wentzville) High School
- Meet Director:** Toby Glavin – tobiasglavin@wsdr4.org – 573-353-3755
- Entries:** Entries are due no later than **Thursday, May 5th at 9:00 am.**
- Entry Information:** Entries will be done on mo.milesplit.com.
- Heats/Flight:** [Click Here](#) to see heat and flight sheet
- Coaches Meeting:** 3:00pm in the press box.
- Entry Limits:**
Varsity - Two entries per individual event, one entry per relay event.
JV - Three entries per individual event, one entry per relay event.
Open - Unlimited entries (1600 and 100)
Athletes may not cross over divisions.
- Scoring:** 10-8-6-4-2-1 (Individual Events) and 10-8-6-4-2 (Relays).
- Awards:** Medals 1st through 3rd. First place team plaque.
- Surface:** 8 lane all-weather track. DO NOT use spikes longer than ¼". No tape on track or runways.
- Miscellaneous:** No locker rooms are available—teams should come dressed. Restrooms and concessions are available. Spectators must remain outside of the track fence and behind flagged/roped areas.
- Team Camps:** No tents are allowed inside the stadium/track facility. Tent city will be located in the field to the East of the track. Please see the included map.
- Javelin Runway:** The javelin runway will be grass as of now. We are hoping to have a runway by track season.
- Shirts:** There will be shirts for sale.
- Open Events:** We are having an “Open 1600” and an “Open 100”. These events will be unscored. Entries for these events are unlimited.
- Teams Attending:** FZ East, FZ North, FZ South, Holt, Liberty, Washington

Time Schedule

RUNNING EVENTS: Junior Varsity precedes Varsity

3:30	Girls	Open 1600 Meter Run (unscored)
3:40	Boys	Open 1600 Meter Run (unscored)
3:50	Girls	Open 100 Meter Dash (unscored)
3:55	Boys	Open 100 Meter Dash (unscored)
4:00	Girls	4 x 800 Meter Relay (Varsity/JV run together)
4:15	Boys	4 x 800 Meter Relay (Varsity/JV run together)
4:30	Girls	100 Meter High Hurdles (JV-30", V-33")
4:45	Boys	110 Meter High Hurdles (JV-36", V-39")
5:00	Girls	100 Meter Dash
5:15	Boys	100 Meter Dash
5:30	Girls	4 x 200 Meter Relay
5:40	Boys	4 x 200 Meter Relay
5:50	Girls	1600 Meter Run
6:05	Boys	1600 Meter Run
6:20	Girls	4 x 100 Meter Relay
6:30	Boys	4 x 100 Meter Relay
6:40	Girls	400 Meter Dash
6:55	Boys	400 Meter Dash
7:10	Girls	300 Meter Low Hurdles (JV/V-30")
7:25	Boys	300 Meter Intermediate Hurdles (JV-33", V-36")
7:35		SENIOR RECOGNITION
7:40	Girls	800 Meter Run
7:50	Boys	800 Meter Run
8:00	Girls	200 Meter Dash
8:15	Boys	200 Meter Dash
8:30	Girls	3200 Meter Run (JV&V together)
8:45	Boys	3200 Meter Run (JV&V together)
9:00	Girls	4 x 400 Meter Relay
9:10	Boys	4 x 400 Meter Relay

FIELD EVENTS:

Horizontal Jumps

3:30-4:45 Varsity Boys Triple Jump/Varsity Girls Long Jump - 4 Jumps Cafeteria Style

5:00-6:15 JV Boys Triple Jump/JV Girls Long Jump - 4 Jumps Cafeteria Style

6:30-7:45 Varsity Boys Long Jump/Varsity Girls Triple Jump - 4 Jumps Cafeteria Style

8:00-9:15 JV Boys Long Jump/JV Girls Triple Jump - 4 Jumps Cafeteria Style

Throws--groups will throw in the order listed below. Listen for calls.

3:30 Disc--V Boys/JV Boys/Varsity Girls/JV Girls – 4 throws

3:30 Shot--V Girls/JV Girls/Varsity Boys/JV Boys – 4 throws

3:30 Javelin – JV Girls/V Girls/JV Boys/V Boys – 4 throws

High Jump--groups will jump in the order listed below. Listen for calls.

3:30 Varsity Girls/JV Girls/Varsity Boys/JV Boys

Pole Vault--groups will jump in the order listed below. Listen for calls

3:30 Varsity Boys/JV Boys/Varsity Girls/JV Girls