

ST. CHARLES HIGH



ACTIVITIES DEPARTMENT | BEN OWENS - AD

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GAC NORTH V/JV BOYS & GIRLS TRACK & FIELD CHAMPIONSHIPS

APRIL 25, 2024

Location – St. Charles West High School – Steve Stahl Stadium

2660 Zumbahl Rd., St. Charles, MO 63301

SCHS Activities Director – Ben Owens – bowens@stcharlessd.org – 636-443-4170

- **AD Assistant** - Andrea Irizarry – airizarry@stcharlessd.org – 636-443-4180

Participating Schools

North Point, Orchard Farm, St. Charles, St. Charles West, Warrenton, Winfield

Scoring – 10-8-6-4-2-1

Timing – TRXC Timing

Live Results: [Click Here](#)

Meet Entries – All entries will be made through [Momilesplit](#)

- Entries will close Thursday, April 25 at 9:00 AM. All entries must be submitted
- Entry Questions? Paul Golian Paul@trxctiming.com

Meet Programs – [Heat/Flight Sheets](#)

Awards – Medals will be awarded for the top 3 places in all events

- A plaque will be awarded to the top 2 places in Varsity & JV

Spikes – 3/16 or smaller – pyramid spikes only

Additional Information

- No preliminaries – All heats against time
- All runners should report to the bullpen when called
- No spikes on bleachers or turf
- No tape on track or runway

2:30 pm – Coaches Meeting – SCW Press box

3:00 pm – Field Event Schedule

Girls High Jump – Varsity (followed by JV)
Boys Pole Vault – JV & Varsity
Boys/Girls Long Jump – V/JV (Cafeteria style)
Boys Discus – Varsity (followed by JV)
Girls Javelin – Varsity (followed by JV)
Girls Shot Put – Varsity (followed by JV)

4:15 pm – Field Event Schedule

Boys High Jump – Varsity (followed by JV)
Girls Pole Vault – JV & Varsity
Boys/Girls Triple Jump – V/JV (Cafeteria style)
Girls Discus Varsity (followed by JV)
Boys Javelin – Varsity (followed by JV)
Boys Shot Put – Varsity (followed by JV)

- Horizontal Jumps & Throwing Events: 4 attempts/No Finals
- Starting heights will be determined at the coaches meeting

4:00 pm - Running Events (Rolling Schedule/JV precedes Varsity)

Girls 4x800 Meter Relay
Boys 4x800 Meter Relay
Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 4x200 Meter Relay
Boys 4x200 Meter Relay
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 4x100 Meter Relay
Boys 4x100 Meter Relay
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 300 Meter Low Hurdles
Boys 300 Meter Intermediate Hurdles
Girls 800 Meter Run
Boys 800 Meter Run
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 3200 Meter Run (V & JV together)
Boys 3200 Meter Run (V & JV together)
Girls 4x400 Meter Relay
Boys 4x400 Meter Relay