

Kirkwood High School  
Corey Nesslage, Athletic Director  
Brad Sutterer, Assistant Athletic Director  
800 Dougherty Ferry • Kirkwood, MO 63122  
(314) 213.6116 • Fax (314) 213.6192



The 34th Annual Kirkwood Junior Varsity Track & Field Invitational, will be held on **Wednesday, April 10, 2024** beginning at 4:15 PM.

**Entry Fee:** Please mail meet entry fee of \$200.00 per team (\$400 for both boys & girls teams) to Kirkwood High School Attn: Athletic Office 800 Dougherty Ferry Kirkwood, MO 63122. Payment or Purchase Order must be

received by **March 10<sup>th</sup>, 2024** to secure your entry in the meet.

**Admission:** Please inform your parents that there will be a \$5.00 admission fee charged at the gate.

**Entries:** All entries will be done on [MoMileSplit](#)

-You will be able to registrar your athletes on MoMileSplit monday April 1<sup>st</sup> @midnight.

Then it will close on **Wednesday 10 @ 9AM**

**Entry Guidelines:** (3) entries will be allowed in all field events and sprint events with (1) sprint relay team with the exception of the races not run in lanes. (4) entries are allowed in the 800, 1600, and the 3200 meter runs, as well with (1) 4 x 800 meter relay. No more than 3 athletes per school will be allowed to participate in the fast heat of any of those races and only your top 3 will be scored in open events. The scratch meeting will begin at 3:30 PM, which will allow the meet to begin by 4:00 PM.

- Each school will need to provide one adult to assist with officiating. A work assignment will be sent to you prior to the meet entry deadline.
- All-weather track and runway surfaces. Kirkwood is proud to have two separate runways. One for TJ and one for LJ Spikes. No longer than ¼ inch spikes are allowed on the track and anyone found wearing longer spikes will be disqualified.

- Shot/discus are newly located are behind the natatorium, which is behind the gymnasium on the old softball field at the corner of Chopin and Dougherty Ferry road.
- This year, we are pleased to announce that we have a brand new 120 feet all-weather synthetic track surface runway for Javelin - there is a grass area near the new javelin runway where warm ups will take place.
- Pool Information for the SHOT-PUT and DISCUS competition. Each school may use their own throwing implement during warm-up, however, during competition a pool will be established for each flight in the shot. Athletes are allowed to use their own discus for competition. Athletes are responsible for their implements.
- Concessions will be available for the athletes and spectators.
- Trophies will be awarded to the first and second place teams overall. The top six athletes in each event will be awarded medals.
- There will be a \$5.00 entry fee. All athletes and coaches will not be charged. We will need a pass list for your coaches.
- TENT CITY-SPACE will not be provided OUTSIDE the stadium. If you do bring a tent, you are more than welcome to utilize the green space on the north end of the stadium or in the visiting bleachers-PLEASE do not set up tents on the grandstand side.
- Bus Drop Off: Please stop at the top of the hill on Chopin Drive (DO NOT PULL INTO THE SMALL PARKING LOT)-you can drop off of your athletes and they will enter the stadium at the top of the stairs-once athletes are dropped off-please continue NORTH-take a right on Dougherty Ferry Rd. and park in the large parking lot located off of Dougherty Ferry Rd.

You will be able to find Meet Program: [Click Here](#)

Contact: If you have any questions regarding the meet, please feel free to contact **Roberta McWoods at (314)-313-8887 Or Contact [Paul Golian](#) at TRXC**

Additional throws information:

The javelin runway is located next to the baseball left field fence and batting cages. Warm ups and check in will begin for flight one at 5:00pm. Warm ups will be 10 minutes prior to each flight. If athletes miss their flight they will be automatically moved to another flight.

Shot/discus are newly located on the old softball field at the corner of Chopin and Dougherty Ferry road. Warm ups will be provided 10 minutes prior to the 4:00 start at each event. Athletes are responsible for their implements, please be sure you mark your implements.

# **Kirkwood JV Invite Order of Events**

## **Field Events**

4:00 – 6:00 PM Long Jump (3 jumps, cafeteria style G&B)  
Triple Jump (3 jumps, cafeteria style G&B)  
High Jump (Girl's followed by Boys)  
Pole Vault (Boys followed by Girls)  
Shot Put (3 throws in flights) Girl's followed by Boys  
Discus (3 throws in flights) Boys followed by Girls  
(Warm ups will be 10 minutes prior to the 4:00 start of each)

5:15 PM Javelin Warm ups & check in will begin for flight (1) at 5:00pm  
Warm ups will be 10 minutes prior to each flight.

## **Running Events (Begin at 4:15 PM with a Rolling Schedule)**

### **Girl's followed by Boys**

4:15 PM 4x800m Relay  
100m Hurdles (power seeded)  
110m Hurdles (power seeded)  
100m Dash(power seeded)  
4x200m Relay  
1600m run  
4x100m Relay  
400m Dash (power seeded)  
300m Hurdles (power seeded)  
800m  
200m Dash(power seeded)  
3200m Run  
4x400m Relay