

Kirkwood High School Athletics

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33rd Annual Kirkwood Junior Varsity Track & Field Invitational, will be held on **Wednesday, April 12, 2023** beginning at 4:15 PM.

Entry Fee: Please mail meet entry fee of \$190.00 per team to Kirkwood High School Attn: Athletic Office 801 W. Essex Kirkwood 63122 by the meet entry deadline in order to secure your team's entries 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 [Milesplit](#) **NO LATER than April 12th by 9:00 AM**

Heat/Flight Sheet: [Click Here](#)

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. You may sign up for your work assignment on the attached reply form.

The track and runways are all-weather. Spikes *no longer than 1/4 inch* are allowed on the track. Anyone found wearing longer spikes would be disqualified.

Bus Drop Off: Please pull into the Parking lot located off of Essex Drive to drop off tents and equipment-then instruct all bus parking to take a right on Essex, Right on Chopin, Right on Dougherty Ferry and park in the large parking lot off of Dougherty Ferry Rd.

The top six athletes in each event will be awarded medals. Trophies will be awarded to the first and second place teams overall.

Contact: If you have any questions regarding the meet, please feel free to contact Roberta McWoods at (314)-313-8887

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
5:15 PM Javelin (Soccer Field)

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)
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