



Phil Brusca & Connie Strobach Invitational

Saturday, April 13th, 2024

(Javelin on Friday, April 12th, 2024)

Location: Ladue Horton Watkins High School, 1201 S. Warson, Rd, St. Louis, MO 63124

Entries: momilesplit.com, deadline **Friday, April 12th @ 9:00 am**, 2 entries per open, 1 relay

Entry Fee: \$250.00 per team. \$500 for both boys and girls. Please pay by the meet date.

Ladue High School Track & Field

ATTN: Nick Buckvar

1201 S. Warson Road

St. Louis, MO 63124

Heat/Flights: [Click Here](#) to see heat and flight sheets

Scoring: Scoring Top 8 finishers. Medals to the top 4-athletes pick up at awards table after results are announced, Team Champion trophy awarded after the 4x400m relay.

Timing / Results: All races will be electronically timed and event results posted at:

www.trxctiming.com

Live Results: <https://liveresults.trxctiming.com>

Track Facility: ¼ inch pyramid spikes on all track surfaces, including javelin runway,

- team and public restroom inside the school near the concession stand.

Parking: Spectators can park in the North or South lot but **must enter the meet on the stadium's main pavilion & north gate.**

- Additional parking at Conway elementary (9900 Conway Rd, St. Louis, MO 63124)
- Additional parking at Ladue Middle School (9701 Conway Rd, St. Louis, MO 63124)

Athletic Trainer: There will be athletic trainers on site.

Meet Questions: Nick Buckvar nbuckvar@ladueschools.net

Entry Questions: Paul Golian – paul@trxctiming.com

Other Notes:

- **JAVEIN IS FRIDAY. BOYS @ 3:30pm, GIRLS IMMEDIATELY FOLLOWING**
 - **Javelin runway: all weather track surface. Must wear 1/4" track spikes**
- Saturday: Coaches Meeting 8:15 am in the Ramming Gym
- Saturday Field events begin @ 9:00 am
- Saturday 9:30 am Running events begin with the 4x800, rolling schedule thereafter
- Bus Drop off & Tent location: South Parking Lot (see map)
- Bus Parking: back lot of Ladue Middle School (9701 Conway Rd, St. Louis, MO 63124)
- **Coaches meals and wristbands will be issued based on MSHSAA list**
 - **Wristbands required to be inside the track fence & field event areas**
 - **Coaches Boxes & Restricted areas will be communicated at coaches meeting**
- Coaches hospitality in Ramming Gym
- **PLEASE SHARE THIS WITH YOUR PARENTS:**
 - **Gate fee - \$5 per person; cash only**
 - **Spectators must stay in the grandstands & pavilion area. No spectators on the track, jumps areas, throws area, or field house.**
 - Public restroom inside the school near the concession stand

Meet Schedule

JAVEIN IS FRIDAY. BOYS @ 3:30pm, GIRLS IMMEDIATELY FOLLOWING

- Javelin runway: all weather track surface. Must wear ¼" track spikes

SATURDAY April 13, 2024

- 8:15am Coaches Meeting: in the Ramming Gym
- 9:00am Field Events Begin (see below) FLIGHTS, NO FINALS
- 9:30am 4x800, rolling schedule
 - 100h
 - 110h
 - 100m
 - 4x200m
 - 1600m
 - 4x100m
 - 400m
 - 300H
 - 800m
 - 200m
 - 3200m
 - 4x400m

SATURDAY FIELD EVENTS

Session 1: 9:00am - 11:30pm	Session 2: 11:30pm - 1:30pm
<ul style="list-style-type: none"> ● ALL LONG JUMP (Cafeteria Style, 3 attempts no finals) 	<ul style="list-style-type: none"> ● ALL TRIPLE JUMP (Cafeteria Style, 3 attempts no finals)

Session 1: 9:00am	Session 2: Immediately Following Session 1
<ul style="list-style-type: none"> ● BOYS HIGH JUMP ● GIRLS POLE VAULT ● GIRLS SHOT PUT (flights) <ul style="list-style-type: none"> ○ 3 Throws ● BOYS DISCUS (flights) <ul style="list-style-type: none"> ○ 3 Throws 	<ul style="list-style-type: none"> ● GIRLS HIGH JUMP ● BOYS POLE VAULT ● BOYS SHOT PUT (flights) <ul style="list-style-type: none"> ○ 3 Throws ● GIRLS DISCUS (flights) <ul style="list-style-type: none"> ○ 3 Throws

STARTING HEIGHTS

BOYS PV	GIRLS PV	BOYS HJ	GIRLS HJ
TBD	TBD	TBD	TBD



