



## **Ladue Rams Mini Meet**

**Thursday, April 4 @ 3:30 pm**

**Rescheduled**

- Location:** Ladue Horton Watkins High School  
1201 S. Warson, Rd, St. Louis, MO 63124
- Entries:** Entries close **Thursday, April 4<sup>th</sup> @ 9:00 am**, unlimited entries in all opens and relays. [Online Entry Link](#)
- Meet Program:** [Click Here](#) to see heat and flight sheets
- Entry Fee:** \$150.00 per team. \$300 for both boys and girls. Pay by the meet date.  
**Ladue High School Track & Field**  
**ATTN: Nick Buckvar**  
**1201 S. Warson Road**  
**St. Louis, MO 63124**
- Scoring:** This meet is not scored, no medals.
- Timing/Results:** All races will be electronically timed and event results posted at [TRXC Timing](#)
- Track Facility:** ¼ inch pyramid spikes on all track surfaces, including javelin runway.
  - Teams can set up in the stands or outside the fence near the throws, or south grass near the scoreboard
  - Team & public restrooms & water station are located inside the school building, enter by the plaza
  - No 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.
- Athletic Trainer:** There will be an athletic trainer on site

**Other Notes:**

- JAVELIN WILL BE **TUESDAY, April 2nd @ 4:00 pm**. Boys & Girls combined 3 attempts
  - **Javelin runway: all weather track surface. Must wear 1/4" track spikes**
- Coaches Meeting 3:15 pm at the finish line
- Field events begin @ 3:30 pm
- Running events begin @ 3:30 pm with the 4x800, rolling schedule thereafter
- Bus Drop off in front of stadium; Bus Parking in the south parking lot
- **PLEASE SHARE THIS WITH YOUR PARENTS**
  - **Spectators must stay in the grandstands & pavilion area. No spectators on the track, jumps areas, throws area, or field house.**
  - Public & team restrooms inside the school near the concession stand

| <b>RUNNING SCHEDULE</b><br>3:30 start, Girls followed by boys   | <b>FIELD EVENT SCHEDULE:</b> All throws and horizontal jumps are 3 attempts, no finals, all cafeteria style  |
|---|--|
| 4x800 (may combine based on entries)<br>100m Hurdles<br>110m Hurdles<br>100m dash<br>4x200m relay<br>1600m run<br>4x100m relay<br>400m dash<br>300m Hurdles<br>800m run<br>200m dash<br>3200m run (may combine based on entries)<br>4x400m relay<br>4x100m throwers relay | <ul style="list-style-type: none"> <li>● 3:30 Boys &amp; Girls PV simultaneously on two pits</li> <li>● 3:30 B/G HJ together, just go based on height</li> <li>● 3:30-4:30 ALL LJ (boys runway, girls runway)</li> <li>● 3:30-4:30 Boys Discus (Para Discus included)</li> <li>● 3:30-4:30 Girls Shot</li> <li>● 4:45- 5:45 Girls Discus</li> <li>● 4:45-5:45 Boy Shot</li> <li>● 4:45-5:45 ALL TJ (boys runway, girls runway)</li> </ul> <p><b>JAVELIN WILL BE TUESDAY, April 2nd @ 4:00 pm.</b><br/> <b>Boys &amp; Girls combined 3 attempts</b></p> |

**Meet Questions:** Nick Buckvar – [nbuckvar@ladueschools.net](mailto:nbuckvar@ladueschools.net)

**Entry Questions:** Paul Golian – [paul@trxctiming.com](mailto:paul@trxctiming.com)



