

Rams Mini Meet
 Tuesday April 4, 2023

BOYS	GIRLS
Ladue Webster Parkway West MICDS Chaminade	Ladue Webster Parkway West MICDS Nerinx

GENERAL INFO:

- Meet Fee: \$150 per gender
- TRXC Timing, entries on mo.milepslit.com. **Entries close Tuesday, April 4th @ 9:00am**
- Unlimited in all events (relays included)
- [Click Here](#) to see heat and flight sheets
- Live Results at <https://liveresults.trxctiming.com/>
- Teams can set up in the stands or behind the stands
- Restrooms & water station are located inside the school building, enter by the plaza
- No concession stand
- Trainer will be on site
- Please bring your own blocks (we only have 6 sets)

RUNNING SCHEDULE 3:45 start, Girls followed by boys	FIELD EVENT SCHEDULE: All throws and horizontal jumps are 3 attempts, no finals, all cafeteria style
4x800 (may combine based on entries) 100m Hurdles 110m Hurdles 100m dash 4x200m relay 1600m run 4x100m relay 400m dash 300m Hurdles 800m run 200m dash 3200m run (may combine based on entries) 4x400m relay	<ul style="list-style-type: none"> • 3:45 Boys & Girls PV simultaneously on two pits • 3:45 B/G HJ together, just go based on height • 3:45-4:45 ALL LJ (boys runway, girls runway) • 3:45-4:45 Boys Discus • 3:45-4:45 Girls Shot • 5:00- 6:00 Girls Discus • 5:00-6:00 Boy Shot • 5:00-6:00 ALL TJ (boys runway, girls runway)

JAVELIN WILL BE WEDNESDAY, April 5th @ 4:00. Boys & Girls combined 3 attempts, no finals, all cafeteria style.

WORK SCHEDULE

Exchange Zones & Break Lines	Ladue and whoever is near a zone or line to grab a flag (Starters for the 4x2 & common exchange zone)
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3:45-4:45

BOYS LONG JUMP	Parkway West
GIRLS LONG JUMP	Nerinx
BOYS & GIRLS HIGH JUMP	Webster
BOYS PV	Chaminade
GIRLS PV	MICDS
GIRLS SHOT	Ladue
BOYS DISCUS	Parkway West

5:00- 6:00

BOYS TRIPLE JUMP	Webster
GIRLS TRIPLE JUMP	MICDS
BOYS SHOT	Chaminade
GIRLS DISCUS	Ladue
ALL JAV	Ladue