

LIBERTY VS FZS/FZE

DATE: 3/23/21 TIME: 3:45PM

SCORING: 5-3-2-1 (5-3 Relays)

**BOYS—GIRLS—ALL**

(all entries are unlimited)

**Entries are due at 9:00am by Tuesday  
March 23.**

\_\_\_ ENTRIES: 100, 200, 400

\_\_\_ ENTRIES: 100/110HH, 300H

\_\_\_ ENTRIES: RELAYS

\_\_\_ ENTRIES: DISTANCE EVENTS

\_\_\_ ENTRIES: FIELD EVENTS

QUESTIONS? CALL:

TOBY GLAVIN-TRACK COACH

CELL: 573-353-3755

SCHOOL: 636-561-0075 ext. 28133

tobiasglavin@wsdr4.org

**FIELD EVENTS—TIME: 3:45PM**

**DISCUS:** girls first, followed by boys; 4  
throws

**SHOT:** boys first, followed by girls; 4  
throws

**JAVELIN:** boys first, followed by girls; 4  
throws

**HIGH JUMP:**

first boys, 4'6" open, 2" raises  
then girls, 4' open, 2" raises

**POLE VAULT:**

first girls, 6' open, 6" raises  
then boys 7' open, 6" raises

**LONG JUMP:** boys and girls together, 4  
jumps, cafeteria style, 60  
minute limit

**TRIPLE JUMP:** boys and girls together,  
after long jump, 4 jumps,  
cafeteria style, 60 minute  
limit

**ORDER OF RUNNING EVENTS:**

**TIME: 4:00PM**

4X800

(girls followed by boys—may combine  
depending on number of entries)

100M HIGH HURDLES (G) JV-30"

100M HIGH HURDLES (G) V-33"

10M HIGH HURDLES (B) JV-36"

110M HIGH HURDLES (B) V-39"

100M DASH

4X200

1600M RUN

4X100

400M DASH

300M LOW HURDLES (G) JV/V-30"

300M INTERMEDIATES (B) JV-33"

300M INTERMEDIATES (B) V-36"

800M RUN

200M DASH

3200M RUN:

(girls followed by boys—may combine  
depending on number of entries)

4X400

Revised: 12-10-20