

**21st Annual Lutheran North All Comers: May 7, 2024**

[Overall: 30<sup>th</sup> Annual All Comers, '95-'03 @ MICDS thanks to Lohrs!]

Entry fee is \$275 per school.

If you need a PO, please ask ASAP!

Checks made out to Lutheran North Track, c/o Jim Prahlow, 5401 Lucas and Hunt Rd., St. Louis, MO. 63121

**MAKE YOUR REQUESTS FOR OFFICIATING FIELD EVENTS  
BY SUNDAY EVENING MAY 5, 7 P.M. Jim Prahlow**

Entries due on MOMILESPLIT Monday, May 7 @ 9AM

[Live Results](#)

[Meet Program](#)

**Coaches Meeting: 3:45—scratches only**

**BOYS PV WARMUP: 3:30!!**

**Horizontal Jumps, Throws in FIELD EVENTS: THREE TRIALS!**

**ALL field events are cafeteria style.**

**4:00-5:30. GLJ (east pit)**

**GSP**

**GHJ**

**GJav**

**BLJ (center pit)**

**BD**

**BPV**

**5:30-7:00 (or sooner if competition venue completed)**

**GD**

**GTJ**

**GPV**

**BSP**

**BHJ**

**BTJ**

**BJav**

Based on previous numbers of participating schools, we will attempt to assign TWO schools to each of the 14 field events as well as hurdles, course marshals, breakline and exchange zones. Each school will have a specific duty for each gender entered.

**WE WILL HAVE A WATER SPIGOT AVAILABLE FOR YOUR WATER JUGS.**

**BRING YOUR OWN BLOCKS!**

**Trainer available at clerking table.**

**NO TEAM CAMPS IN SOUTH STANDS;** restrooms in pavilion by concessions.  
NO locker rooms available.

TEAM CAMPS may be along the NORTH, EAST and WEST fencing outside the track. NO camps between fire hydrant and concession stand.

**Buses** enter athletic facility; drop off at first left turn (camping along north and west fencing. IF CONGESTED, later buses may drop off at flag poles to camp on EAST ridge. Park the buses EITHER in gravel parking OR PAST pavilion up to the SOCCER/BASEBALL PARKING AT THE TOP OF THE HILL as directed by parking attendant.

**Cars** will park on the asphalt lot by school OR, weather permitting, be directed by attendants to park on GRASS FIELD WEST OF SCHOOL. NO PARKING ALONG ROAD. You will **BE TOWED!!**

**ON THE INFIELD: ONLY COACHES and ATHLETES in Uniform and OFFICIALS!**

DO NOT MARK IN CHALK ON THE RUNWAYS OR TRACK!

DO NOT USE TAPE ON THE TRACK OR RUNWAYS!

Marks on runways MUST be off the actual runway—either concrete lip or grass.

CHALK may be used at HJ apron

Use HALF TENNIS BALLS for relay markers—NO TAPE!!

ALL TRACK ATHLETES CHECK IN AT BULLPEN NEAR UNIVERSAL FINISH LINE ON INFIELD

INFIELD IS COACHING BOX AND WARM UP AREA. STAY OUT OF FLAGGED AREAS.

**Note: Any meet day adaptations will be announced at the Coaches Meeting**

Coaches' Meeting at 3:45 in EAST section of SOUTH BLEACHERS.

SCRATCHES ONLY! Rolling Schedule; GIRLS PRECEDE BOYS ON TRACK

**TRACK EVENTS: Rolling Schedule**

4:15 4 x 8 (together?),

HH,

100M,

4 x 2,

1600M,

4 x 1, 400M,

300H,

800M,

200M,

3200M (together?),

4 x 4

ALL FIELD EVENT RESULTS TAKEN TO TRXCTIMING TRUCK!  
LISTEN TO CALLS

**FIELD EVENT SCHEDULE. READ CAREFULLY. ALL FIELD EVENTS EXCEPT PV AND HJ  
WILL BE CAFETERIA STYLE, AS IN THE PAST at the All Comers**

**HJ and PV: With a large contingent of athletes, we'll limit athletes to about 8 min. of "release time"  
to other events, with any changes announced at coaches meeting. Please hustle back to competition  
venue to keep the competition—and the bar--moving.**

\*GHJ Prog: G: 1.22 (4-0), 1.30 (4-3), 1.37 (4-6), 1.42 (4-8), 1.47 (4-10), 1.52 (5') +5cm  
**GPV follows BPV; \*GPV Prog: 1.83 (6-0), 1.98 (6-6), 2.13 (7-0), 2.28 (7-6), 2.43 (8-0) +15cm**

4:00 BPV \*BPV Prog: B: 1.98 (6-6), 2.13 (7-0), 2.28 (7-6), 2.43 (8-0) +15cm  
**BHJ follows GHJ: \*BHJ Prog: 1.52 (5-0), 1.60 (5-3), 1.67 (5-6), 1.73 (5-8), 1.78 (5-10), 1.83 (6') +5cm**

Information: [Jim Prahlow](#)  
314-681-0049