

**18th Annual LN Girls Invite WEDNESDAY 4/24/24**

Entry Fee: \$225 per school to LUTHERAN NORTH, C/O Jim Prahlow  
5401 Lucas and Hunt, St. Louis, MO. 63121

NO TEAM CAMPS IN SOUTH STANDS; Please keep your GUYS' TEAMS out of the infield unless they are actually working **at** an event.

ENTRIES on MILESPLIT by WEDNESDAY, 4/24, 9:00AM

Live Results

Performance List [Click Here](#)

**Coaches' Meeting at 3:45**, bottom SOUTH BLEACHERS on EAST SIDE. SCRATCHES ONLY!

**\*Field Events:** JV and V compete together; 4 attempts IF entries warrant

\*4:00-5:15. GD: GPV: GLJ:

\*5:00-6:15. GSP: GJav:

\*5:15-6:30. GTJ: GHJ:

**\*TRACK EVENTS: Rolling schedule after the 1600. Lane numbers available near finish on infield by east goal post  
Trainer available near east goal post.**

\*JV precedes V on track.

4:30 G4 x 8 (JV and V together); GREEN breakline

4:50 GHH (GJV 30"; GV 33")

5:05 G100M

5:25 G4 x 2

5:40 G1600 (JV and V together); GREEN breakline

G4 x 1

G400M

G300H (JV/V 30")

G800M (JV and V together); GREEN breakline

G200M

G3200 (JV/V together)

G4 x 4: Staggered blue zones; green breakline; universal exchange in blue

**PROBABLE HJ/PV PROGRESSIONS**

**\*HJ Prog: G: 1.12 (3-8), 1.22 (4-0), 1.30 (4-3), 1.37 (4-6), 1.42 (4-8), 1.47 (4-10), 1.52 (5') +5cm**

**B: 1.52 (5-0), 1.60 (5-3), 1.67 (5-6), 1.73 (5-8), 1.78 (5-10), 1.83 (6') +5cm**

**\*PV Progressions: G:1.68 (5-6), 1.83 (6-0), 1.98 (6-6), 2.13 (7-0), 2.28 (7-6), 2.43 (8-0) +15cm**

**B:1.98 (6-6), 2.13 (7-0), 2.28 (7-6), 2.43 (8-0) +15cm**

## Lutheran North Girls Invitational, 2007-2023

2007: LN 145, CJ 112, LS 112	9 schools	2008: Incomplete	12 schools
2009: CJ 120, LN 93	12 schools	2010: UC 137.5, LS 105.5	16 schools
2011: AF 119.5, UC 108.5	18 schools	2012: LS 121, AF 120	16 schools
2013: CJ 136.5, VD 126	15 schools	2014: VD 130, CJ 104	19 schools
2015: Se 145, CJ 103	11 schools	2016: CJ 162, LN 129	7 schools
2017: CJ 203, Se 168	6 schools	2018: CJ 186, Se 121.5	11 schools
2019: CJ 164, LN 137	11 schools	2020: Covid Year	
2021: CJ, Oak	9 schools	2022: CJ 144, McC N 41	6 schools
2023: CJ 228, CP 131	9 schools		

HJ	Smith	TC	5-6	2019
PV	Ederle	AF	10-9	2011
LJ	Hali Ford	AF	17-6	2012
TJ	Hali Ford	AF	37-0	2011
D	Johnson	LS	143-4	2014
SP	Sophia Rivera	BR	46-5	2015
J	Biedenstein	CJ	95-7	2021

4 x 8: Cor Jesu		10:07.57	2022
HH: Hali Ford	AF	15.04	2012
P100M: Amari Anderson	HC	23.93	2018
100M: Aiesha Irvin-Muhammed	SE	12.14	2012
4 x 2: University City		1:43.75	2011
1600M: Ross	VD	5:21.94	2008
4 x 1: University City		50.00	2011
400M: Cheyenne Herr	AF	58.12	2011
300H: Isom-Brumer	VD	45.14	2009
800M: Ross	VD	2:16.36	2008
P200M: Amari Anderson	HC	51.91	2018
200M: Aiesha Irvin-Muhammed	StE	24.74	2012
3200M: Adrienne Luna	CJ	11:17.20	2023
4 x 4: University City		4:13.99	2011

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

Entry Questions [Paul Golian](#)