

21st Annual Lutheran North Home Opener, Tuesday, March 19, 2024

ENTRY FEE \$250 per school to defray costs of officials, entry seeding and AUTO TIMING.
Checks made out to LUTHERAN NORTH TRACK, c/o Jim Prahlow
5401 Lucas and Hunt Rd., St. Louis, MO. 63121

ENTRIES ARE DUE on March Tuesday 19 @ 9AM

Mo. MileSplit [Click Here](#)

[Live Results](#)

Meet Program: [Click Here](#)

COACHES MEETING 3:45! Scratches only.
FIRST FIELD EVENTS at 4:05
FIRST TRACK EVENTS 4:35; GIRLS precede BOYS on track

Requests for working FIELD EVENTS ON SUNDAY, 5 p.m., March 17!!
At least 1 field event officiating duty per gender entered. We MAY combine PV, B and G.

Contact [Jim Prahlow](#) with your field event request

IF WARRANTED, a final time schedule will be sent out/posted on Missouri Milesplit.

****Entries will be completed online at the Missouri Milesplit website. ENTRIES DUE BY MONDAY
March 18, 5:00 p.m. Adjustments by 9:00 a.m. March 19!****

You may enter 4 athletes per individual event; 1 relay per relay event

Individuals still have the 4-event entry limitation.

Buses, handicapped (with card), concession personnel will be admitted to park near SP and D venues ON GRAVEL. PLEASE LET JIM PRAHLOW KNOW BY MON, 3/18, if you'll be bringing a bus.

ALL OTHER VEHICLES except OFFICIAL MEET PERSONNEL will park in school asphalt lot by school and participants and spectators WALK to stadium.

NOTE

HH for girls: 2 entries at 30"; 2 entries at 33"; 4 entries, regular height (30"), for 300H
HH for boys: 2 entries at 33"; 2 entries at 39"; 4 entries, regular height (36"), for 300H

1. BRING YOUR OWN WATER CONTAINERS. We have a spigot for you to refill them. At this time we intend to have a concession stand

2. **Bring YOUR OWN BLOCKS! NO BLOCK HOLDERS!** We will still attempt to separate squads for Covid issues. Trainer available during the meet.

3. **DO NOT CAMP IN THE SOUTH SIDE BLEACHERS!!!**

Camp along the NORTH or EAST or WEST side of the bowl OUTSIDE the fencing; and NOT between the fire hydrant and concession stand. DO NOT LEAP OVER THE FENCING. Use the gates. **Please stay off newly-planted areas.**

4. ONLY ATHLETES IN UNIFORM, OFFICIALS/WORKERS and COACHES INSIDE THE FENCE. ATHLETES WARM UP IN THE INFIELD, WHICH IS ALSO A COACHES' BOX

5. **STAY OUT OF RESTRICTED AREAS NEXT TO TRACK.**

6. You may COACH LJ/TJ from the infield OR outside the fence; stay off the track/out of the way of runners after 5:30 DURING THE PASSING OF THE TRACK RUNNERS to coach these events.

7. **HJ NOTES.** Traditionally, at this meet and several others, we run HJ like this:

Girls opening ht: 3-6 at 4:05; at 4:10, 3-9; at 4:20, 4-0; at 4:30, 4-2 and normal progression (Note: If all athletes have cleared/passed/missed at height, OR are continuing to jump at heights, you may SHORTEN or LENGTHEN time)

Boys opening ht: First 10 min. at 4-6; 5 min. at 4-9; 5 min. at 5-0; regular progressions at 5-2

PV opening height determined at coaches meeting; possible adjustments at PV start

WE WILL ADJUST THE HEIGHTS ACCORDING TO THE APPROPRIATE METRIC MEASUREMENTS

FIELD EVENTS (We MAY go to cafeteria-style on ALL field events, depending upon entries)

4:05 GLJ (east); BLJ (center pit from west); GSP; BD; BPV; GHJ

5:10 [OR EARLIER; After conclusion of previous event]

GTJ (east), BTJ (center pit from west), GD, BSP, GPV, BHJ

6:00 BJ, GJ [OR EARLIER; could be adjusted earlier]. Sunset is 7:15; dark is about 7:25 IF overcast (throwing together, separate flights, scored separately; perhaps cafeteria style if time/weather warrant)

4:35 Track Events begin.

The following times are **TENTATIVE AFTER THE 1600M.**

Except for District/Sectional, we have a rolling schedule after the 1600M.

4:35 G 4 x 8; B 4 x 8 follows (**If combined, we start at 4:50**). Blue XZ; **breakline GREEN**

5:05 GHH (30" precede 33"). Gold marks

5:15 BHH (30"/33" precede 39"). Blue marks

5:25 100M

5:40 4 x 2 (Black, yellow dot; Black, yellow dot; Gold)

5:55 1600M (If combined, we'll start at 6:00)

(6:10) 4 x 1 (Gold; Gold; Gold)

(6:20) 400M [Must declare your 200M runners by the end of the B 400M]

(6:40) 300H. Black marks

(6:50) 800M

(7:05) 200M

(7:20) 3200M (BOYS AND GIRLS WILL BE RUN TOGETHER)

(7:40) 4 x 4. Blue stagger; Blue universal

QUESTIONS: Derek Spears, 314-799-1939
Jim Prahlow, 314-681-0049