

**20<sup>th</sup> Annual Lutheran North Home Opener, Wednesday, March 22, 2023**

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

Time: Coaches' Mtg 3:45! Scratches only.  
FIRST FIELD EVENTS at 4:05  
FIRST TRACK EVENTS 4:35; GIRLS precede BOYS on track

A final time schedule AND ANY COVID PROTOCOLS will be sent out/posted on Missouri Milesplit if warranted.

Questions: Jim Prahlow [jprahlow@lncrusaders.org](mailto:jprahlow@lncrusaders.org) 314-681-0049

Workers/  
Volunteers: Requests for working FIELD EVENTS ON SUNDAY, 5 p.m., March 19!!  
**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 at [jprahlow@lncrusaders.org](mailto:jprahlow@lncrusaders.org)

Entry  
Deadline: \*\*Entries will be completed online at the Missouri Milesplit website. **ENTRIES DUE BY MONDAY March 21, 5:00 p.m. Adjustments by 9:00 a.m. March 22!** **Online Entry Link**

Entry Limits: You may enter 4 athletes per individual event; 1 relay per relay event  
Individuals still have the 4-event entry limitation.  
Practice-eligible JV athletes may participate in the meet.  
**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"/30"; 2 entries at 39"; 4 entries, regular height (36"), 300H

Parking: 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, 3/21, 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.

Hurdle Heights: HH for girls, 30" OR 33"; HH for boys, 33" or 39"; regular height, 300H

Notes:

1. BRING YOUR OWN WATER CONTAINERS. We have a spigot for you to refill them. We will 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. **NOTE THAT YOUR FAVORITE/TRADITIONAL CAMP SITE MAY BE unavailable because of construction of the GREEN TEAM WATER RETENTION CONSTRUCTION. 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 must COACH LJ/TJ from EITHER the infield OR outside the fence. Please 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. 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**

[Click Here](#) to see heat and flight sheets

## Time Schedule

3:45 Coaches' Meeting in bleachers, east side (Just a quick one; scratches may be made at the meeting.).  
Note: **YOU WILL DECLARE YOUR 200M RUNNERS WITH COACH PRAHLOW at the FINISH LINE BULLPEN by the time the BOYS 400M ends.** Enter your athletes as you normally do; declare them between the conclusion of the 4 x 1 and the Boys 400M heats. This may eliminate multiple heats.

**NOTE: TRACK, HJ AND JAVELIN TIMES CHANGED! SEE BELOW!**

Bullpen: Near START, EAST Goalpost

Officials: Nick Damaso, Chuck Owens

Clerk (Numbers): Cheri Mansfield

NEAR START on Infield

Announcer: Troy Fehrs/M. Pomeranke

Clerk: Micah Pomeranke, J Prahlow

AD/AAD: James Mitchell/David Schoedel

Lot Attendant: Dan Wenger

Meet Manager: Jim Prahlow

Schools: UC, WH, HA, BD, DU, LHSC, NORM (G), LN

8 Places: 10-8-6-5-4-3-2-1

**ALL FIELD EVENTS CAFETERIA EXCEPT VERTICAL JUMPS**

**G LJ/TJumps: East; BLJ/TJumps CENTER**

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

**4:05**

GSP: NORM GLJ: HA GHJ: UC BLJ: DU BD: BD BPV: WH

**4:45: G Javelin: ME, LN**

**5:10 (or following)**

GD: BD GTJ: LHSC GPV: DU BTJ: HA BSP: NORM BHJ: LHSC

**5:45 (or following completion of G): B Javelin: ME, LN**

**Track Events: NOTE TIME CHANGES ROTATED FORWARD!**

**Whitfield: Breakline and 4 x 1 XZ 1 AND 4 x 2 XZ 1, 3; UC 4 x 1 XZ 2 AND 4 x 2 XZ 1, 3/ LHSC XZ 3 4 x 1**

4:35 G4x8 and B4x8 TOGETHER; Green step up start; GREEN break

4:55 GLH (top hole); GHH (second hole from top). Gold Marks

5:05 BLH (second hole from top; Blue marks); BHH (4<sup>th</sup> hole from top; Blue marks)

5:15 G100M; B100M follows

5:30 G4 x 2; Black start; 1<sup>st</sup> XZ: Black triangle, yellow dot (scoreboard); 2<sup>nd</sup> XZ: B T, y d, start;  
3<sup>rd</sup> XZ, Gold to Gold (scoreboard)

B4 x 2 follows

5:45 G1600; B1600 follows; (Green step up start; GREEN break)

6:00 G4 x 1; B4 x 1 follows; GOLD start; GOLD XZi

**Rolling schedule:**

400M (gold start)

300H (White start; Black marks; G top hole; B middle hole)

800M: Green step up; GREEN Break

200M: White

3200M: Green step up; GREEN Break; TOGETHER

4 x 4: BLUE start; 1<sup>st</sup> XZ staggered BLUE; 2<sup>nd</sup> and 3<sup>rd</sup> Z, Universal Blue at start area (Together?)

**FOR HJ: FROM START OF HJ, 5 min. ONLY at first TWO heights; then regular process.**

**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: 1.42 (4-8), 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: 1.68 (5-6), 1.83 (6-0), 1.98 (6-6), 2.13 (7-0), 2.28 (7-6), 2.43 (8-0) +15cm