



April 11, 2024: 54th Lutheran North Relays

MEET ENTRIES DUE BY **THURSDAY MORNING, 9:00AM, April 11**, on MOMILESPLIT

LIVE RESULTS

Meet Program [Click Here](#)

1. Time Schedule and Protocols

Coaches Meeting: 3:45 SE corner of bleachers; SCRATCHES ONLY

ENTRY FEE \$350 per school to defray costs of officials, entry seeding, AUTO TIMING and MEDALS to 1, 2, 3 places.

FIRST FIELD EVENTS at 4:05

FIRST TRACK EVENTS 4:15;

GIRLS precede BOYS on track

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](#).

We will move ahead of schedule if possible during the meet with field events AND after the B1600M Run. Incoming weather could result in an overall rolling schedule.

[Listen to Announcements](#)

2. SEND YOUR REQUESTS FOR OFFICIATING FIELD EVENTS (AT LEAST ONE PER GENDER ENTERED) by MONDAY, 7 p.m., APRIL 8--AND IF YOU WILL HAVE A BUS

4. FIELD EVENTS SCORED INDIVIDUALLY

5. We encourage athletes to be conscious about social distancing while waiting to throw, jump or run.
BRING YOUR OWN BLOCKS!!

6. BUSES will drop off at first left turn after entering athletic complex; unload equipment there. BUSES park on gravel lot by SP and D and Javelin venues UNLESS OTHERWISE DIRECTED. ALL OTHERS except concessionaires, officials, handicapped (with display card) park on asphalt lot and walk. IF parking on grass permitted, follow directions of parking attendants.

[Let Coach Prahlow know by WEDNESDAY, April 12, if you are bringing a bus.](#)

7. ALL **team camps** on EAST, WEST or NORTH sides of bowl.

DO NOT CUT THRU or CAMP IN NEW GREEN TEAM DRAINAGE AREAS!

Please separate camps by at least 20 feet.

NO TEAMS IN SOUTH BLEACHERS or BETWEEN FIRE HYDRANT AND CONCESSION STAND. INFIELD IS WARM UP AREA AND COACHING BOX. NO CAMPS ON INFIELD. STAY BEHIND FLAGGING TAPE and OUT OF DESIGNATED AREAS UNLESS exiting or moving to start.

10A. For the 100M/110M HH: 2 entries for 33" for girls; 2 entries for 30" for girls (JV do not score). 2 entries for 39" for boys; 2 entries for 33" for boys

10B. We will run the Low Hurdle Shuttle Relay to commemorate the first relays, held in 1971; Girls at 30", 100M x 4; Boys at 30", 110M x 4. This event will score.

10C. 4 entries for all events per gender; 1 relay per event per gender (check information in 10A about HH).

11. Clerk/Bullpen will be near UNIVERSAL FINISH LINE for all races.
Relay athletes will be sent from Bullpen/Finish Line TO respective zones.

12. AT THIS TIME, WE WILL RUN THE 4 x 8 races separately so field events may proceed unabated. We will announce final decision at Coaches' Meeting (10:00 in SOUTHEAST CORNER OF BLEACHERS). Field events have been "lagging" at many meets. Please encourage your athletes to get to the venues right away.

13. WE WILL CONSIDER RUNNING THE 3200M Runs, B and G, together.
Decision made at Coaches' Meeting

14. We have noted that hurdles and TJ seem to have suffered the most since 2020 layoff.
At coaches' meeting, we will discuss having a 20' chalk "board" on BOTH runways for use during TJ
See note below about hurdles races

15. Boys are the WEST runway running to center; Girls run from CENTER to EAST

16. BRING YOUR OWN WELL-MARKED BLOCKS TO USE.

17. ¼" pyramid spikes OR LESS.

18. NO CHALK OR TAPE ON RUNWAYS OR TRACK; please mark on grass or beyond white "lane lines." You MAY mark CHALK on HJ apron.

19. No water provided, but we DO have a spigot for teams desiring water refills for jugs.
Trainer on duty for true emergencies by finish line; coaches cover other maladies

20. Field Events will PROBABLY run cafeteria-style except for vertical jumps

21. At press time, 4 attempts in throws, horizontal jumps; SECOND set of field events to begin as quickly as possible when FIRST set of field events completed. Entry numbers will determine number of attempts.

HJ 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

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

Field Events

4:05

Immediately Following

GHJ, BPV, GSP, BD, GLJ, BLJ, GJav

BHJ, GPV, BSP, GD, GTJ, BTJ, BJav

4:15 BLHSR (1/3 at UNIVERSAL FINISH; 2/4 at 100M/110M START; blue marks)
4:20 GLHSR (ditto; gold marks; next to each other)
4:25 G4 x 8 (If run together, both run at 12:35; determined at coaches' meeting)
4:40 B4 x 8
4:50 GHH (30" precede 33")
4:55 BHH (33" precede 39")
5:05 G100M
5:10 B100M
5:15 G4 x 2 (Black/Black/Gold)
5:20 B4 x 2 (Black/Black/Gold)
5:25 G1600
5:35 B1600

ROLLING SCHEDULE BEGINS

G4 x 1 (Gold)
B4 x 1 (Gold)
G400M
B400M
G300H (all the way down; black marks)
B300H (middle hole)
G800M
B800M
G200M
B200M
G3200M (If together, will be determined at coaches' meeting)
B3200M (If 32 together, minimum of 35 min. between completion of G200M to G4 x 4)
G4 x 4. (Blue stagger; universal)
B4 x 4 (Blue stagger; universal)

Pick up **bagged medals** in press box after completion of 4 x 4s.

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

Entry Questions [Paul Golian](#)

Checks made out to LUTHERAN NORTH TRACK, c/o Jim Prahlow

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