

LN All Comers Meet
MS Track



Entry Fee:

Time: Coaches Meeting 8:30 AM @ the finish line down on the track.

9:00 AM Track & Field Events both begin (See schedule below)

-Field Event Cafeteria Style

-Must complete Field events within time frame

We will be using a rolling schedule for the track events

Work/Volunteers: Each school will be asked to officiate a field event. Please send in your officiating requests by noon on Wednesday Apr 3, 2024.

Micah Pomerence: mpomerence@Incrusaders.org

Feel free to text or call-314-677-8574

*Please note the following **changes** for the LN Home opener. I hope that any inconveniences with set up will be rewarded with a smoother meet experience. We will be using Missouri Milesplit to seed & organize our meet. TRXC Timing will be formatting the meet to fit the Missouri Milesplit criteria. TRXC Timing is a quality organization that I cannot speak highly enough about. Because of this change you will be required to create an account on MoMileSplit.com. You must create a roster with all your athletes in order to enter them into different events. Once you've created your account you will receive an invite to the LN All Comers Meet. You will make your entries through the MoMileSplit.com website. After you make your entries you're done. FOR ANY QUESTIONS ABOUT CREATING A MOMILESPLIT.COM account or entering on the account, please contact [Paul Golian](#) or [Rich Schilling](#) at 314-522-6176.

Scratches or substitutions only at the coaches meeting; no additional entries after the Entry deadline.

Entry Deadline on [MOMILESPLIT](#): THURSDAY, April 4, 2024, 9:00 p.m.

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

Saturday, April 6th SLLAL ALL SCHOOLS TRACK MEET - Lutheran North 2024

Schedule of Events

Sat AM	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
9:00 AM	7/8 Girls 100m Hurdle FINALS	5/6 Girls Triple	5/6 Boys High	7/8 Boys Shot	7/8 Girls Discus	7/8 Girls Long
9:10 AM	7/8 Boys 100m Hurdle FINALS					
9:20 AM	5/6 Girls 100m Prelims					
9:30 AM	7/8 Girls 100m Prelims			5/6 Boys Shot	5/6 Girls Discus	
9:40 AM	5/6 Boys 100m Prelims	5/6 Boys Triple				5/6 Girls Long
9:50 AM	7/8 Boys 100m Prelims					
10:00 AM	5th-8th Girls 1600m FINALS		7/8 Boys High	7/8 Girls Shot	7/8 Boys Discus	
10:10 AM	5th-8th Boys 1600m FINALS					
10:20 AM	5/6 Girls 100m FINALS	7/8 Boys Triple				5/6 Boys Long
10:30 AM	7/8 Girls 100m FINALS			5/6 Girls Shot	5/6 Boys Discus	
10:40 AM	5/6 Boys 100m FINALS					
10:50 AM	7/8 Boys 100m FINALS					
11:00 AM	5/6 Girls 400m FINALS	7/8 Girls Triple	5/6 Girls High			7/8 Boys Long
11:10 AM	7/8 Girls 400m FINALS					
11:20 AM	5/6 Boys 400m FINALS					
11:30 AM	7/8 Boys 400m FINALS					
11:40 AM	5/6 Girls 200m FINALS					
11:50 AM	7/8 Girls 200m FINALS					
12:00 PM	5/6 Boys 200m FINALS		7/8 Girls High			
12:10 PM	7/8 Boys 200m FINALS					
12:20 PM	5/6 Girls 800m FINALS					
12:30 PM	7/8 Girls 800m FINALS					
12:40 PM	5/6 Boys 800m FINALS					
12:50 PM	7/8 Boys 800m FINALS					
1:00 PM	5/6 Girls 4x200m FINALS					
1:10 PM	7/8 Girls 4x200m FINALS					
1:20 PM	5/6 Boys 4x200m FINALS					
1:30 PM	7/8 Boys 4x200m FINALS					