



35th ANNUAL LUTHERAN SOUTH INVITATIONAL SATURDAY, MAY 7, 2022

**Entries:**

Entries will be due on **Thursday, May 5 at 5:00 pm** [Online Entry Form](#)

Scratches/Changes:

Scratches/Changes are due on **Friday, May 6 at 9:00 am** [Scratches/Changes](#)

Facilities:

to

All tents are to be placed in the designated area to the south side of the concession area and bleachers. If there is wet weather, we will ask you move tents to the "old" tennis courts.

Restrooms are next to the concession stand. There will NOT be locker facilities available.

Shot Put will be contested just east of the tennis courts and discus will be contested at the far west end of the campus (just west of "tent city"). Both rings are concrete.

The javelin event will be held on the lower baseball field.

The bullpen will be located at the west end of the track on the infield.

The track is an 8-lane all-weather track. Please use no longer than 3/16" spikes.

The infield is a turf surface. Please do not eat sunflower seeds or other food within the field area. Also, please do not bring carbonated drinks within the track or field surfaces.

Heat/Flight:

[Click here](#) to see heat and flight sheet

Coaches Meeting:

at 8:00 am. Please be prompt. If scratches and changes are updated via the online entry system, this should be a very short meeting.

Entry Questions:

Rich Schilling - 314-522-6176 rich@trxctiming.com



35th ANNUAL LUTHERAN HIGH SCHOOL SOUTH
TRACK & FIELD INVITATIONAL
SATURDAY MAY 7, 2022



| | | | |
|------------|-------------------|---|--------------------|
| 8:00 a.m. | Coaches Meeting | | |
| 8:45 a.m. | 110 High Hurdles | B | Prelims |
| 9:00 a.m. | 100 High Hurdles | G | Prelims |
| 9:15 a.m. | 100 M Dash | B | Prelims |
| 9:25 a.m. | 100 M Dash | G | Prelims |
| 9:40 a.m. | 4 x 800 | B | Finals |
| 9:55 a.m. | 4 x 800 | G | Finals |
| 10:10 a.m. | 200 M Dash | B | Prelims |
| 10:25 a.m. | 200 M Dash | G | Prelims |
| 11:05 a.m. | 110 M High Hurdle | B | Final |
| 11:10 a.m. | 100 M Hurdles | G | Final |
| 11:15 a.m. | 100 M Dash | B | Final |
| 11:20 a.m. | 100 M Dash | G | Final |
| 11:30 p.m. | 4 x 200 Relay | B | Heats against time |
| 11:40 p.m. | 4 x 200 Relay | G | Heats against time |
| 11:50 p.m. | 1600 M Run | B | Heats against time |
| 12:05 p.m. | 1600 M Run | G | Heats against time |
| 12:20 p.m. | 4 x 100 Relay | B | Heats against time |
| 12:30 p.m. | 4 x 100 Relay | G | Heats against time |
| 12:45 p.m. | 400 M Dash | B | Heats against time |
| 12:55 p.m. | 400 M Dash | G | Heats against time |
| 1:20 p.m. | 300 Int Hurdles | B | Heats against time |
| 1:35 p.m. | 300 Low Hurdles | G | Heats against time |
| 1:50 p.m. | 800 M Run | B | Heats against time |
| 2:00 p.m. | 800 M Run | G | Heats against time |
| 2:20 p.m. | 200 M Dash | B | Finals |
| 2:25 p.m. | 200 M Dash | G | Finals |
| 2:30 p.m. | 3200 M Run | B | Final |
| 2:45 p.m. | 3200 M Run | G | Final |
| 3:05 p.m. | 4 x 400 Relay | B | Heats against time |
| 3:15 p.m. | 4 x 400 Relay | G | Heats against time |



35th ANNUAL LUTHERAN HIGH SCHOOL SOUTH
FIELD EVENT SCHEDULE



| | | | |
|------------|-------------|---|----------------------------------|
| 8:30 a.m. | Pole Vault | B | Continuous Flight |
| | High Jump | G | 5-Alive |
| | Long Jump | B | 3 jumps plus finals (East Pit) |
| | Long Jump | G | 3 jumps plus finals (Middle Pit) |
| | Shot Put | B | 3 throws plus finals |
| | Discus | G | 3 throws plus finals |
| 11:30 a.m. | Triple Jump | B | 3 jumps plus finals (East Pit) |
| | Triple Jump | G | 3 jumps plus finals (Middle Pit) |
| | High Jump | B | 5 Alive |
| | Javelin | G | 3 throws plus finals |
| | Discus | B | 3 throws plus finals |
| | Pole Vault | G | Continuous Flight |
| 2:30 p.m. | Javelin | B | 3 throws plus finals |
| | Shot Put | G | 3 throws plus finals |

Horizontal Jumps will have 2 hours to complete their initial 3 jumps.