



**LuSo JV Invitational**  
**Lutheran South High School**  
**9515 Tesson Ferry Road**  
**Tuesday, May 5, 2026**

The **LuSo JV Invitational** is intended as a last chance meet for those athletes not expected to compete at districts

The following schools have been invited to the LuSo JV Invitational Track & Field Meet. Affton, Bayless, Cor Jesu, DuBourg, Lift for Life, Lutheran North, Metro, North Point, St. Mary's and STEAM Academy. **The first 8 teams responding will be accepted.**

**Coaches Meeting:** Will be held at the pavilion at the start of the 100m at 3:45 pm.

**Entries:** Teams will be limited to 3 entries for individual events and 1 relay team per gender.

Entries will be made on [AthleticNET](#) and **must be completed by 9 am on Tuesday, May 5th. No late entries will be accepted. Scratches only at the coaches meeting.** [MSHSAA Athletic.net Help Sheet](#). Entry questions should be directed to Paul Golian [paul@trxctiming.com](mailto:paul@trxctiming.com).

**Heat/Flight Sheets:** [Click Here](#)

**Live Results:** Can be found on <https://liveresults.trxctiming.com/>

**Field Events:** Horizontal jumps & throws will be limited to 4 attempts no finals.

Horizontal jumps and the javelin will be run cafeteria style with both genders Together. They will 90 minutes per event to complete all attempts.

Opening heights for the vertical jumps will be set at the Coaches Meeting

**Meet Questions:** Reach out to Thomas Dowling [dowlingthomas21@gmail.com](mailto:dowlingthomas21@gmail.com).



**Schedule:** Running events start at 4:00 pm and will follow a rolling schedule. The order of events will be as follows.

4x800m  
100m/110m Hurdles  
100m  
4x200m Relay  
1600m Run  
4x100m Relay  
400m  
300m IM Hurdles  
800m Run  
200m  
3200m Run  
4x400m Relay

**Field Event Schedule**

4:00 pm      Girls Pole Vault followed by boys  
                 Boys High Jump followed by girls  
                 Boys & Girls Long Jump (cafeteria style)  
                 Boys Shot Put followed by girls  
                 Girls Discus followed by boys  
5:30 pm      Boys & Girls Triple Jump (cafeteria style)  
                 Boys & Girls Javelin (cafeteria style)

