

# 2024 Bob Carter Track & Field Invitational

*Lutheran High St. Charles*



**Date:** Saturday, March 23, 2024

**Time:**

- Field Events: 9:00am
- Track Events: 9:45am

**Coaches Meeting:**

- **8:30am** – Each team is required to have a representative present for the coaches meeting. From there, final scratches and heat adjustments will be made if necessary. **THERE WILL BE NO ADD-ONS.**

**Meet Entries:**

- Meet registration will be through [mo.milesplit.com](https://mo.milesplit.com). [Online Entry Link](#)
- Varsity Entries – 2 per open event and 1 relay team
- Junior Varsity Entries – 2 per open event and 1 relay team
- Entry Deadline – **ALL ENTRIES ARE DUE BY FRIDAY, MARCH 22, 2024, AT 9:00AM**

**Field Events:** Besides the High Jump and Pole Vault, ALL field events will be run cafeteria style with 3 attempts/NO FINALS. Each pit/ring will be open for 1.5 hours. A final attempt notice will be made within 10 minutes at the end of competition.

**Awards:** A team champion plaque will be awarded to the 1<sup>st</sup> place team in each Varsity division (Men/Women). Medals will be awarded to the top 3 places in each Varsity event. Team scoring will follow be for the Varsity division only.

**Team Camps/Warm-Ups:** The turf football field will have limited access to coaches and competing athletes only. Athletes are not to set up team camps on the infield or the designated warm-up areas. We will designate a 50-yard warm-up area, which will be roped off on the turf.

**Heat/Flights:** [Click Here](#) to see heat and flight sheets

**Live Results:** [TRXC Timing](#)

**Officials/Starters:** Earsene Andrews and Ashley Harris

**Meet Entry Fee:** \$250.00 per gender.

**Games Committee:** Will be advised during the coaches meeting.

**Field Event Assignments:** Will be advised during the coaches meeting.

# **MEET SCHEDULE**

## **9:00 am – Field Events**

Men – Long Jump (West Runway)  
Javelin  
Shot Put

Women – Long Jump (East Runway)  
High Jump  
Discus

## **11:30am – Field Events**

Men – Triple Jump (West Runway)  
High Jump  
Discus

Women – Triple Jump (East Runway)  
Javelin  
Shot Put

## **Order of Running Events**

### **9:45am (Women/Men)**

4 x 800m Relay  
100m Hurdles  
110m Hurdles  
100m Dash  
4 x 200m Relay  
1600m Run  
4 x 100m Relay  
400m Dash  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4 x 400m Relay

## **Meet Questions**

Lutheran (St. Charles) High School  
[Glenn Norwood](#)

## **Entry Questions**

TRXC Timing  
[Paul Golian](#)