



LHS Cougar

Last Chance Track & Field Invitational

Lutheran High St. Charles

Date: Saturday, May 4, 2024

Time:

- Field Events: 9:00am
- Track Events: 9:15am

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. [Online Entry Link](#)
- **Entry Limits:**
 - 2 per running event
 - 2 per field event
 - 1 relay team

Entry Deadline – **ALL ENTRIES ARE DUE BY FRIDAY, MAY 3, 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 a maximum of 2 hours. A final attempt notice will be made within 10 minutes of the end of the competition. Run-throughs will not be allowed once the event has started.

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.

Officials/Starters: Earsene Andrews, and Ashley Harris

Games Committee: To be determined at coaches meeting.

Heat/Flight: [Click Here](#) to see heat and flight sheet.

Timers/Finish Line/Live Results: [TRXC Timing](#)

Meet Entry Fee: \$250.00 per gender.

Field Event Assignments: Will be advised during the coaches meeting. Preference of top 3 choices can be emailed to Glenn Norwood at gwood1@prodigy.net or Mark Jenkins at madjenks16@gmail.com

Field Event Schedule – 3 Attempts/No Finals

9:00 am – Field Events

Men – Long Jump (West Runway)

Javelin

Shot Put

Pole Vault (**Continuous Flight**)

Women – Long Jump (East Runway)

High Jump (**5-Alive**)

Discus

11:30am – Field Events

Men – Triple Jump (West Runway)

High Jump (**5-Alive**)

Discus

Women – Triple Jump (East Runway)

Javelin

Shot Put

Pole Vault (**Continuous Flight**)

Order of Running Events (District Format)

9:15am (Women/Men – Preliminary Heats)

4 x 800m Relay (W)

4 x 800m Relay (M)

100m Hurdles (**Final**)

110m High Hurdles (**Final**)

100m Dash (W)

100m Dash (M)

4 x 200m Relay (W)

4 x 200m Relay (M)

1600m Run (W)

1600m Run (M)

4 x 100m Relay (W)

4 x 100m Relay (M)

400m Dash (W)

400m Dash (M)

300m Hurdles (W)

300m Hurdles (M)

800m Run (W)

800m Run (M)

200m Dash (W)

200m Dash (M)

3200m Run (W)

3200m Run (M)

4 x 400m Relay (W)

4 x 400m Relay (M)