

## **MICDS Invite Info**

### **Date**

We will be hosting the MICDS Invite on April 29th, 2024 at 4pm.

### **Entries**

Entries are to be made on [Milesplit](#). Entries will be due on **April 29th at 9 AM**. You can have unlimited entries in track events and relays. You can have 4 in throwing events and 3 in all other field events.

### **Schools**

- Duchesne High School
- Lutheran North High School
- MICDS
- Miller Career Academy
- St. Joseph's Academy
- John Burroughs
- More teams welcome - have teams email [tmenghini@micds.org](mailto:tmenghini@micds.org) for availability.

### **Parking**

Parking will be available off of Lindbergh North Bound for officials, cars, and bus drop off. After drop off, Buses will park in North Lot off of Warson Rd (Entrance #6).

### **Athletic Training Services**

MICDS Athletic Trainer will be on site for critical injuries only. No taping or treatment.

### **Foot traffic from the North parking lot to Track Stadium.**

If parking in North Lot, please travel down the paved path between the turf field and tennis courts to the track stadium. Do not cut through the football stadium. We need to keep the javelin area clear. Please instruct your athletes of this fact, as it will make for the safest route from the North parking lot to the track stadium.

### **Time Schedule**

Please see the last page.

We will be on a rolling schedule for the running events due to the fact that we have no lights at the stadium. Athletes will pick up hip numbers at the tent/table on the infield, then should report to the clerk for placement in their heat.

### **Field Events**

All athletes must check into their field event prior to the first athlete competing or you will be scratched, this is regardless of what flight you might be in. Head event official will then allow athletes to be excused, we will employ a 15 minute excuse policy. Athletes will then need to check back in prior when they arrive back at the event. Reminder, in the vertical events we will continue to move the bar up as the competition dictates, therefore, an excused athlete will have to re-enter the competition at the current height. Running events will take priority over field events. Again you must check in prior to the start of the event or you will be scratched. Example – athlete is in the second flight of shot put, he or she must check in prior to the first thrower attempting an attempt in the first flight or they will be scratched.

### **100/100h/110h**

We will run with the wind in these events. It looks like we will be start these races at the common finish line and running in reverse to take advantage of the wind. Plan accordingly.

### **Height Progressions**

High Jump – Boys and Girls will jump together

- 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, +5cm

Pole Vault – Boys and Girls will jump together

- Will be determined by field.

### **Heat/Flight**

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

### **Tents**

Tents will be allowed in grass surrounded by the track.

### **Payments**

Entry fee will be \$300 per gender. Checks made payable to “MICDS Athletics” with Attention to Bonita Berry at 101 N Warson Rd, St. Louis, MO 63124

# Time Schedule

**Coaches Meeting - 3:45 near the finish line.**

**Field Events - (3 attempts, 9 to finals; 3 attempts in finals)**

Long Jump – 4 pm - Boys and Girls Together - 3 entries

Triple Jump – 5:15 pm - Boys and Girls Together - 3 entries

High Jump – 4 pm - Boys and Girls Together - 3 entries

Shot - 4 pm – Boys, Girls – 5:15 pm - 4 entries

Discus – 4 pm – Girls, Boys – 5:15 pm - 4 entries

Javelin – 4pm – 5:30 pm – Boys and Girls - 4 entries

Pole Vault – 4 pm - Boys and Girls Together

**Running Events – Heats - Slow to Fast (rolling schedule!)**

4:00 pm	Girl's 4x800 Meter Relay
	Boy's 4x800 Meter Relay (combined with Girl's 4x800 Meter Run)
	Girl's 100 Meter Hurdles
	Boy's 110 Meter Hurdles
	Girl's 100 Meter Dash
	Boy's 100 Meter Dash
	Girl's 4 x200 Meter Relay
	Boy's 4 x 200 Meter Relay
	Girl's 1600 Meter Run
	Boy's 1600 Meter Run
	Girl's 4 x 100 Meter Relay
	Boy's 4 x 100 Meter Relay
	Girl's 400 Meter Dash
	Boy's 400 Meter Dash
	Girl's 300 Meter Hurdles
	Boy's 300 Meter Hurdles
	Girl's 800 Meter Run
	Boy's 800 Meter Run
	Girl's 200 Meter Dash
	Boy's 200 Meter Dash
	Girl's 3200 Meter Run
	Boy's 3200 Meter Run (combined with the Girl's 3200 Meter Run)
	Girl's 4 x 400 Meter Relay – 1 Heat Final
	Boy's 4 x 400 Meter Relay – 1 Heat Final