



MICDS Invite

Tuesday, May 5th, 2026 4:00 PM

Payments: Entry fee will be \$300 per gender, or both genders for \$500. Checks made payable to “MICDS Athletics” with Attention to Bonita Berry at 101 N Warson Rd, St. Louis, MO 63124

Entries: Are to be made on [AthleticNET](#). Entries will be due **Tuesday, May 5th, at 9:00AM CST. No late entries will be accepted! Scratches only at coaches' meeting!**

Entry questions? Reach out to Paul Golian - paul@trxtiming.com
[MSHSAA Athletic.net Helpsheet](#)

Entry Limitations: 100m and 200m will be limited to 4 athletes. You can have unlimited entries otherwise in the track events and relays. You can have 4 in throwing events and 3 in all other field events.

Heat/Flight Sheets: [Click Here](#) | **Live Results:** [Click here](#)

Parking: Weather Permitting: Parking will be available off of Lindbergh North Bound for officials, cars, and bus drop off. After drop off, Busses will park in North Lot off of Warson Rd (Entrance #6). Check back on the day of for accurate parking information, due to construction on campus.

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 east of the track. 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 athletes 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 scratch.

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.

Meet Questions: Jim Lohr | jlohr@micds.org

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.

Tents: Tents will be allowed in grass outside the fence by the track.

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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 - 3 entries

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

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|---------|----------------------------------------------------------------|
| 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 |