



**The Metro League Conference Varsity/JV Track Meet  
Thursday April 23, 2026 – Lutheran High School North  
5401 Lucas and Hunt Rd., St. Louis, MO. 63121**

COACHES MEETING 3:00! Scratches only.  
FIRST FIELD EVENTS at 3:30  
FIRST TRACK EVENTS 4:00; BOYS precede GIRLS on track (Even Year)

Requests for working FIELD EVENTS ON Tuesday, APRIL 21, by 5 p.m.!!  
**At least 1 field event officiating duty per gender entered.**  
Contact Derek Spears with your field event request at [dspears@lncrusaders.org](mailto:dspears@lncrusaders.org)

\*\*Entries will be completed online at the [AthleticNET](https://athleticnet.com). **ALL entries will be due NO LATER than Thursday, April 23rd at 9:00AM CST. No late entries will be accepted! Scratches only at coaches' meeting!**  
Entry questions? Reach out to Paul Golian - [paul@trxctiming.com](mailto:paul@trxctiming.com)

**You may enter 3 athletes per Division/Gender, per individual event; 1 relay 4 x 8, 4 x 2, 4 x 1 and 4 x 4. Athletes may move up and down divisions but cannot run the same event. Seniors do NOT score on the JV level. We will try to have a max of 6 heats per gender in laned events.**

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

Buses will only be admitted to park near SP and D venues ON GRAVEL. PLEASE LET DEREK SPEARS KNOW BY Tuesday, 4/21, if you are bringing a bus.

ALL OTHER VEHICLES will park in school asphalt, participants and spectators will have to WALK to stadium. If weather permits, parking on the upper field west of the school may be allowed. Follow the instructions of the parking attendant.

**NOTE**

HH for boys: JV entries at 33"; V entries at 39"; For 300H regular height (36")  
HH for girls: JV entries at 30"; V entries at 33"; For 300H regular height (30")

1. BRING YOUR OWN WATER CONTAINERS. We have a spigot for you to refill them. Currently, we intend to have a concession stand.
2. Bring **YOUR OWN BLOCKS!** NO BLOCK HOLDERS! We will still attempt to separate squads for Flu/RSV/Bird Flu/Covid/Measles issues. Trainer is available during the meet.
3. **DO NOT CAMP IN THE SOUTH SIDE BLEACHERS!!!**  
Camp along the NORTH or EAST or WEST side of the bowl OUTSIDE the fencing; and NOT between the fire hydrant and concession stand. DO NOT LEAP OVER THE FENCING. Use the gates.
4. ONLY ATHLETES IN UNIFORM, OFFICIALS/WORKERS and COACHES INSIDE THE FENCE. ATHLETES WARM UP IN THE INFIELD, WHICH IS ALSO A COACHES' BOX
5. STAY OUT OF RESTRICTED AREAS NEXT TO TRACK.
6. You may COACH LJ/TJ from the infield OR outside the fence.
7. Pick up medals in the press box after the 4x4.





**Time Schedule | Thursday April 23, 2026 | (Unless noted, Varsity followed by JV)**

4:00 p.m. Boys' 4x800 relay (V/JV combined)  
4:15 p.m. Girls' 4x800 relay (V/JV combined)  
4:30 p.m. Boys' 100 meter hurdle finals-Power Seeded  
4:40 p.m. Girls' 110 meter hurdle finals-Power Seeded  
4:50 p.m. Boys' 100 meter dash finals-Power Seeded  
5:05 p.m. Girls' 100 meter dash finals-Power Seeded  
5:20 p.m. Boys' 4 x 200 meter relay  
5:30 p.m. Girls' 4 x 200 meter relay  
5:40 p.m. Boys' 1600 meter run (One heat per division)  
5:55 p.m. Girls' 1600 meter run (One heat per division)  
6:10 p.m. Boys' 4 x 100 meter relay  
6:20 p.m. Girls' 4 x 100 meter relay  
6:30 p.m. Boys' 400 meter dash-Power Seeded  
6:45 p.m. Girls' 400 meter dash-Power Seeded

**Rolling**

Boys' 300 meter hurdles-Power Seeded  
Girls' 300 meter hurdles-Power Seeded  
Boys' 800 meter run (2 heats power seeded per division)  
Girls' 800 meter run (2 heats power seeded per division)  
Boys' 200 meter dash-Power Seeded  
Girls' 200 meter dash-Power Seeded  
Boys' 3200 meter run-1 Heat (V/JV combined)  
Girls' 3200 meter run-1 Heat (V/JV combined)  
Boys' 4 x 400 meter relay  
Girls' 4 x 400 meter relay

**FIELD EVENTS| (Unless noted, Varsity followed by JV)**

3:30 p.m. Girls' Shot Put (4 Throws)  
Boys' Discus (4 Throws)  
Girls' Javelin (4 Throws)

4:00 p.m. Boys' Pole Vault (V/JV Combined)  
Girls' Long Jump (4 Jumps)  
Boys' Triple Jump (4 Jumps)  
Girls' High Jump (V/JV Combined)

5:00 p.m. Boys' Javelin (4 Throws)

5:30 p.m. Girls' Pole Vault (V/JV Combined)  
Boys' Long Jump (4 Jumps)  
Girls' Triple Jump (4 Jumps)  
Boys' Shot Put (4 Throws)  
Girls' Discus (4 Throws)  
Boys' High Jump (V/JV Combined)

