

Varsity Metro Meet: WEDNESDAY, April 17 at LUTHERAN NORTH
[Athletes may participate in BOTH V and JV, but SENIORS may not score in JV]

3 entries per event per gender; 1 relay;

Schools: LS, LN, MI, JB, PN, PY, WE, WH

Athletes note: GPV and BHJ will commence upon completion of BPV and GHJ.
FIELD EVENTS 4 throws, jumps in horizontals intended at this time

ENTRIES DUE BY 9:00AM on TUESDAY, 4/17/24 DUE on MO. Mile Split

Live Results [Click Here](#)

Performance List [Click Here](#)

EACH SCHOOL WILL WORK TWO FIELD EVENTS and assist with hurdles and exchange zones and break line.
PLEASE SEND IN YOUR REQUESTS to Jim Prahlow FOR officiating which EVENTS BY MONDAY, 4/15/24, 7 p.m.

If you do not do so, Jim will assign you to appropriate field events and officiating duties. You'll receive those duties by Tuesday, noon, 4/16/24.

Please send info by Monday, 4/15/24: will you have a bus? Buses park by Shot Put/Discus venues on gravel lot.
Buses drop off teams and equipment at first left turn on driveway to gravel lot.
Parking for all but meet officials, concessionaires, handicapped in paved lot; coaches may unload equipment and return to parking venue. IF grass parking available, follow directions of parking attendant. No parking along the road.

We encourage ATHLETES to SOCIAL DISTANCE WHILE WAITING TO JUMP OR THROW

ALL team camps on EAST, SOUTH or NORTH sides of bowl. Please separate camps by at least 20 feet.
NO TEAMS IN SOUTH BLEACHERS or ALONG SOUTH RIDGE between fire hydrant and concession stand.
INFIELD IS WARM UP AREA AND COACHING BOX. NO CAMPS ON INFIELD.
STAY BEHIND FLAGGING TAPE UNLESS exiting or moving to start

Clerk/Bullpen on infield near UNIVERSAL FINISH LINE for all races. Relay athletes will be sent from Bullpen/Finish Line TO respective zones.

WE MAY RUN THE 4 x 8 races separately so field events may proceed unabated. Decision made at Coaches Meeting. If so, we'll start the joint races at 4:30.

Field events have been "lagging" at many meets.
Please encourage your athletes to get to the venues right away.

WE WILL CONSIDER RUNNING THE 3200M Runs, B and G, together, depending upon number of entries, time of the meet and weather.

Boys are the WEST runway running to center; Girls run from CENTER to EAST

BRING YOUR OWN BLOCKS TO USE. NO BLOCK HOLDERS.

¼" pyramid spikes OR LESS. NO TAPE ON TRACK or RUNWAYS

NO CHALK ON RUNWAYS; please mark on grass or beyond white "lane lines"
You MAY mark on HJ apron.

No water provided; spigot available for jug refills; concessions available this year; tents permitted
Trainer on duty for true emergencies by finish line; coaches cover other maladies

At this time, Field Events cafeteria-style except for vertical jumps

At press time, 4 attempts in throws, horizontal jumps; SECOND set of field events to begin as quickly as possible when FIRST set of field events completed.

Coaches' Meeting at 3:45: Scratches in track events only. Field scratch at site.

4:00 GSP GLJ GHJ GJav BD BPV BLJ

5:30 (or sooner upon completion of prior event) BSP. BHJ. BTJ BJav. GD. GTJ. GPV

4:15 G4 x 8
4:30 B4 x 8
4:45 GHH
4:50 BHH
4:55 G100M
5:00 B100M
5:10 G4 x 2
5:15 B4 x 2
5:20 G1600
5:30 B1600
G4 x 1
B4 x 1
G400M
B400M
G300H
B300H
G800M
B800M
G200M
B200M
G3200
B3200
G4 x 4
B4 x 4

Questions: Jim Prahlow, 314-681-0049

ENTRY Questions: [Paul Golian](#)