

V Metro Meet at Lutheran North

Note: This is the 95th Year of the ABC League, the ancestor of the Metro League.

3 entries per gender per event; 1 relay per gender per event;

John Burroughs, Lutheran South, Lutheran North, MICDS, Principia, Priory, Westminster Academy, Whitfield

Note: In the past, we have permitted JV athletes to participate fully in the meet IF the JV and V meets are on separate days. It provides an additional competition opportunity for the younger athletes; for teams to fill allotted entry spots; for squads to complete relays.

NO TEAM CAMPS IN SOUTH STANDS!

Buses enter athletic facility; **drop off at first left turn** (camping along north and west fencing).
Buses park on the gravel lot by SP/D area.

HJ and PV progressions noted below

FIELD EVENTS 4 throws, jumps in horizontals intended at this time

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

REGISTER YOUR ATHLETES BY 9:00 a.m. Wednesday 4/19/23, the MORNING of the meet.

[Online Entry Link](#)

***EACH SCHOOL WILL WORK TWO FIELD EVENTS and assist with hurdles and exchange zones and break line.**

BY MONDAY EVENING, 4/17/23, 9:00 p.m., PLEASE SEND YOUR 3 ranked officiating REQUESTS to Jim Prahlow @ Lutheran North: jprahlow@Incrusaders.org; 314-681-0049

***Clerk/Bullpen on infield by universal finish for all races. Relay athletes will be sent by clerk TO respective zones.**

Infield is warm-up and coaching area. Flagging tape will set aside restricted areas.

WE MAY RUN THE 4 x 8 races and 3200M races TOGETHER so field events may proceed unabated.

***Consultation with trxtiming and LN meet manager will confirm prior to coaches' meeting**

***Field events have been "lagging" at many meets. FOR THIS MEET, WE WILL DO CAFETERIA STYLE in FIELD EVENTS. MAKE CERTAIN YOUR ATHLETES ARRIVE TO GET THEIR ATTEMPTS IN BEFORE THE TIME EXPIRES. We MIGHT be able to adjust the assigned field event times according to the number of entries.**

BRING YOUR OWN BLOCKS TO USE.

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; tents permitted

Trainer on duty for true emergencies by finish line; coaches cover other maladies

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.

*HJ Prog: G: 1.22 (4-0), 1.27 (4-2), 1.32 (4-4), 1.37 (4-6), 1.42 (4-8), 1.47 (4-10), 1.52 (5') +5cm

B: 1.52 (5-0), 1.57 (5-2), 1.62 (5-4), 1.67 (5-6), 1.73 (5-8), 1.78 (5-10), 1.83 (6') +5cm

*PV Progressions: G: 1.68 (5-6), 1.83 (6-0), 1.98 (6-6), 2.13 (7-0), 2.28 (7-6), 2.43 (8-0) +15cm

B: 1.98 (6-6), 2.13 (7-0), 2.28 (7-6), 2.43 (8-0) +15cm

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

4:00-5:15 BD BPV BLJ (center pit). GSP GLJ (east pit) GHJ GJav

***5:15-6:30** **BSP BTJ BHJ (center). BJav GTJ (east). GPV GD**

*These events will proceed as soon as the prior venue event concludes

TRACK EVENTS: We run a rolling schedule after the 4 x 1.

The biggest problem so far has been getting the field events completed.

Let's encourage athletes to get to the venues early.

***ON THE TRACK: Girls will precede Boys on the track**

4:30 4 x 8 (B and GV together?)

4:50 HH

5:05 100M

5:25 4 x 2

5:40 1600

5:50 4 x 1

6:00 400M

300H

800M

200M

3200 (B and GV together?)

4 x 4