



2nd Annual North Point Last Chance Saturday, May 4th 2024



Meet Entry Fee: Cost-split between attending schools.

Please send entry fees to: Jacob Adams, Athletic Director 2255 W. Meyer Rd. Wentzville, MO. 63385

Rolling Meet Schedule Start Times	2024 Meet Officials & Timers
<ul style="list-style-type: none"> ● Coaches Meeting: 9:30 AM ● Field Events: 10:00 AM ● Track Events: 10:30 AM 	<ul style="list-style-type: none"> ● Officials/Starters: Frank Greco & Mike Parsons ● Games Committee: All Present Head Coaches ● Timers/Live Results: TRXC Timing

Entry Limits	Scoring & Awards
<ul style="list-style-type: none"> ● All Field Events = 4 entries per team per event ● All Other Running Events = Unlimited entries ● All Relays = 1 entry per team 	<ul style="list-style-type: none"> ● Unscored ● No Individual Medals ● No Team Awards

Entry Information	Entry Links & Performance List
<ul style="list-style-type: none"> ● Monday, April 22nd @ Midnight ● All entries due by Friday, May 3rd @ 9AM ● Scratches/Changes: Coaches can manage their entries until Friday, May 3rd @ 9AM 	<ul style="list-style-type: none"> ● Online Entry Link: Click Here ● Heat/Flight Sheet: Click Here

Coaches Meeting:

There will be a coaches meeting at 2:30 PM in the bleachers in front of the press box. Each team must have at least 1 representative present. We will make final scratches and heat adjustments if necessary. **There will be NO ADDS.**

Facilities:

Infield Guidelines: We will have 50 yards marked off on the north side of the field designated for team warm-ups. Coaches please assist us in notifying your athletes and coaches, not to set up a team camp or lawn chairs on the infield. The only athletes west of the 50 yard line (scoreboard side) are those that are in the bullpen or competing. Again, no team camps or lawn chairs on the infield, please and thank you.

Spike Check: Coaches please remind your athletes to check their spikes. Spikes longer than 1/4 inch are allowed on the track. In an effort to protect our new all-weather track and runway surfaces., anyone found competing in spikes longer than ¼ inch will be disqualified.

- **Jumps & Pole Vault:** Located outside the fence at the 200m start.
- **Shot & Disc:** Our shot and discus rings are located behind the visitor bleachers.
- **Javelin:** Our Javelin field is located on the soccer field next to our shot put rings. This is a grass runway.

Field Event Format:

- All athletes must check-in and declare for competition prior to the start of the event. No exceptions.
- Field events (aside from HJ & PV) will be run cafeteria style with 3 attempts & no finals.
- Each pit/ring will be open for a maximum of (2) hours (see below for additional details).

Meet Questions

North Point Head Track Coach

[Brandon Tripp](#)

Registration Questions

TRXC Timing

[Paul Golian](#)

ORDER OF RUNNING EVENTS

Events

4x800m Relay

100m Hurdles

110m Hurdles

100m

4x200m Relay

1600m

4x100m Relay

400m

300m Low Hurdles

300m Int. Hurdlers

800m

200m

3200m

4x400m Relay

FIELD EVENT TIME SCHEDULE

Boys	START	FINISH
Long Jump (West Runway South Pit)	03:30 PM	05:00 PM
Triple Jump (West Runway North Pit)	05:30 PM	07:00 PM
High Jump	05:30 PM	07:00 PM
Pole Vault	05:30 PM	07:00 PM
Shot Put	03:30 PM	05:00 PM
Discus	05:30 PM	07:00 PM
Javelin	03:30 PM	05:00 PM

FIELD EVENT TIME SCHEDULE

Girls	START	FINISH
Long Jump (East Runway North Pit)	03:30 PM	05:00 PM
Triple Jump (East Runway South Pit)	05:30 PM	07:00 PM
High Jump	03:30 PM	05:00 PM
Pole Vault	03:30 PM	05:00 PM
Shot Put	05:30 PM	07:00 PM
Discus	03:30 PM	05:00 PM
Javelin	03:30 PM	05:00 PM

Field Events Reminder: We would like to have all participants in the 3:30 PM field events complete by 5:00 PM (1.5 hours MAX). The Field events can and will run ahead if possible, but still allowing for a 30 minute break in between for athlete recovery and worker breaks. If/when we are down to 3 or fewer athletes visible to compete at the event, a final call announcement will be made instructing athletes to report to complete attempts within 15 mins. There will be a rolling start time for 5:30 PM field events if a 3:30 PM field event concludes prior to 5:00 PM.

Athletes/Coaches must pay attention to the calls.

West Runway = Closest To Track | **North Pit** = Closest To Baseball Fields
East Runway = Closest To Throws | **South Pit** = Closest To Away Bleachers