



North Point Grizzlies LAST CHANCE MEET



Date: 05/04/2024

Coaches Meeting: 9:30 AM

Field Events: 10:00 AM

Track Events: 10:30 AM

Location: North Point High School, 2255 W. Meyer Rd. Wentzville, MO. 63385

Coaches Meeting: There will be a coaches meeting at 9:30 AM 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.**

- **Officials/Starters:** Frank Greco & Mike Parsons
- **Timers/Finish Line:** TRXC Timing
- **Games Committee:** All Present Head Coaches

Meet Format: Standard Meet Format. All 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; a final attempt announcement will be made with 10 mins left in the competition; Run-throughs will not be allowed once the event has started. There will be no awards for this meet.

Entry Limits:

- Running Events - Unlimited
- Field Events = 4
- Relays: 1 relay per team

Registration Deadline: Opens on Monday April 22nd @ Midnight

Registration is due by Friday May 3rd at 9AM

Access Link for Registration [Click Here](#)

Scratches/Changes: Coaches can manage their entries until Friday, May, 3rd at 9:00AM

Meet Program: [Click Here](#)

Meet Entry Fee: Cost-split between attending schools.

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

2024 Teams Entered: North Point; Warrenton, Borgia, Kirksville, Vashon, Hazelwood East

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	10:00 AM (SOUTH PIT #1)	12:00 PM
Triple Jump	12:30 PM (NORTH PIT #1)	2:30 PM
High Jump	12:30 PM	2:30 PM
Pole Vault	12:30 PM	2:30 PM
Shot Put	10:00 AM	12:00 PM
Discus	12:30 PM	2:30 PM
Javelin	10:00 AM	12:00 PM

FIELD EVENT TIME SCHEDULE

Girls	START	FINISH
Long Jump	10:00 AM (NORTH PIT #2)	12:00 PM
Triple Jump	12:30 PM (SOUTH PIT #2)	2:30 PM
High Jump	10:00 AM	12:00 PM
Pole Vault	10:00 AM	12:00 PM
Shot Put	12:30 PM	2:30 PM
Discus	10:00 AM	12:00 PM
Javelin	12:30 PM	2:30 PM

Field Events Reminder: We would like to have all participants in the 10:00 AM field events complete by 12:00 PM (2 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.

Pit #1 = Closest To Track

Pit #2 = Closet To Throws