



North Point Grizzlies OPEN MEET #1



Date: 03/18/2023

Coaches Meeting: 8:30 AM

Field Events: 9:00 AM

Track Events: 10:00 AM

Coaches,

Thank you for considering the invitation to the North Point Grizzlies Open Meet #1 on March 18th, 2023. We are excited to host this season opening opportunity that will allow each participating school to get fully automatic times on every athlete on their roster to start the season.

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

Coaches Meeting: There will be a coaches meeting at 8:30 AM in 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 & Craig Kammien

Timers/Finish Line: TRXC Timing

Games Committee: All Present Head Coaches

Meet Format: We are running a non-traditional format which is V/JV/C open events only. We will not have any relays in competition. All field events (aside from HJ) will be run cafeteria style with 4 attempts & no finals. Each pit/ring will be open for 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. Per new MSHSAA guidelines, athletes will not be able to run in the opposite direction on the runway to get marks. There will be no awards for this meet.

Entries: All entries must be complete on mo.milesplit.com **Entry Limits:** Unlimited (NO RELAYS)

Entry Deadline: All entries are due by **Friday, March 17th, 2023 at 9:00 a.m.**

Scratches/Changes: Coaches can manage their entries until Friday, March 17th, 2023 at 3:00 p.m.

Heat/Flight Sheet: [Click Here](#) to see heat and flight sheet

Meet Entry Fee: Cost-split between attending schools.

Please send entry fees to:

Jacob Adams, Athletic Director
2255 W. Meyer Rd.
Wentzville, MO. 63385

2023 Teams Entered: North Point; Holt; Incarnate Word; St. Charles; Christian Brother College; Maplewood Richmond Heights

ORDER OF RUNNING EVENTS

Events

100mH

110mH

100m

1600m

400m

300m Low Hurdles

300m Int. Hurdlers

800m.

200m.

3200m.

FIELD EVENT TIME SCHEDULE

Boys	START	FINISH
Long Jump	9:00 AM (EAST)	11:00 AM
Triple Jump	11:30 AM (EAST)	1:30 PM
High Jump	11:30 AM	1:30 PM
Pole Vault	11:30 AM	1:30 PM
Shot Put	9:00 AM	11:00 AM
Discus	11:30 AM	1:30 PM
Javelin	9:00 AM	11:00 AM

FIELD EVENT TIME SCHEDULE

Girls	START	FINISH
Long Jump	9:00 AM (WEST)	11:00 AM
Triple Jump	11:30 AM (WEST)	1:30 PM
High Jump	9:00 AM	11:00 AM
Pole Vault	9:00 AM	11:00 AM
Shot Put	11:30 AM	1:30 PM
Discus	9:00 AM	11:00 AM
Javelin	11:30 AM	1:30 PM

Field Events Reminder: We would like to have all participants in the 11:15 AM field events complete by 1:15 PM (2 hours).

BOYS FIELD EVENT WORK ASSIGNMENTS

Boys	School #1	School #2
Long Jump	Incarnate Word	
Triple Jump	North Point	
High Jump	St. Charles High	
Pole Vault	Holt	
Shot Put	North Point	
Discus	Maplewood R.H	
Javelin	CBC	

GIRLS FIELD EVENT WORK ASSIGNMENTS

Girls	School #1	School #2
Long Jump	Incarnate Word	
Triple Jump	North Point	
High Jump	St. Charles High	
Pole Vault	Holt	
Shot Put	North Point	
Discus	Maplewood R.H	
Javelin	CBC	