



NORTHWEST INVITATIONAL 2025

Saturday April 12th

We are excited to invite you to the 12th Annual Northwest Invitational Track Meet. Confirm your participation [HERE!](#)

- Please let your fans know that there will be a \$5 admission fee entering the stadium.
- There will be a rolling schedule for running events this year with **girls running first**.
- TRXC Timing will be timing the meet.
- Entries- All entries will be completed at [MoMileSplit](#) **NO LATER than Friday, April 11th at 9:00AM CST**. Any questions regarding entries only please reach out to Paul Golian - paul@trxtiming.com
- Heat/Flight Sheets: [Click here](#) for heat/flight sheets
- Northwest will have Senior recognition starting at 8:00 a.m.
- There will be a coaches meeting at 8:30 a.m. in the bleachers.
- The open 1600 will begin at 8:40 with girls running first.
- The Mixed 4x400 Relay will conclude the meet with points split between the boys and girls teams.
- One-fourth inch spikes or less may be used on all weather surfaces. Tennis balls and chalk only may be used on the track and runways (no tape). Throwing circles are concrete.
- The turf field is for coaches and athletes **warming up only**, and **no food is allowed out on the turf**. All athletes not warming up need to be off of the field area and away from the bullpen.
- Tents may be set up in the field between the concession stand and the long and triple jump.
- Northwest will not provide locker rooms.
- There will be a concession stand and **meet t-shirts sold for \$20 each**.

Limitations:

- Schools may enter two individuals and one relay in each event on Varsity and three individuals on JV.
- **Athletes of any grade can compete on JV. We trust coaches to use discretion based upon your team's needs. There is NO CROSSOVER between Varsity and JV. The Mixed 4x400 meter relay will be Varsity only.**
- Races will begin promptly at 9:00 a.m. and will follow a rolling schedule. Heats/Flights will be seeded by time and distance entered. There will be no prelims.
- Field event participants will get four attempts in all events other than high jump and pole vault. Starting heights for field events will be decided based upon entries. High Jump will go up by 5 centimeters per height, and vault 15. No pooling implements in shot and discus and teams will shag their own implements.
- **Long and triple jump will be open for a one and a half hour window for each gender division in which all jumps need to be completed.**

Awards: There will be a 1st place and 2nd place team award for each level, and medals for the first five places on Varsity and the first three places on Junior Varsity. Scoring: 10-8-6-5-4-3-2-1.

Entry Fee: \$150 per gender/division (Entering any athletes will result in being charged for an entire division.)

Ken Campbell
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Charles Guilford
Head Girls' Track Coach
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Kyle Wampler
Athletic Director
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NORTHWEST INVITATIONAL SCHEDULE

Field Event Time Schedule

Shot Put	9:00 a.m.	Girls Varsity followed by J.V.
Discus	9:00 a.m.	Boys Varsity followed by J.V.
High Jump	9:00 a.m.	Girls Varsity followed by J.V.
Pole Vault	9:00 a.m.	Boys Varsity followed by J.V.
Javelin	9:00 a.m.	Girls Varsity followed by J.V. (Cafeteria Style)
Long Jump	9:00-10:30 a.m.	Varsity Girls
Long Jump	10:30-12:00 p.m.	J.V. Girls
Triple Jump	9:00-10:30 a.m.	Varsity Boys
Triple Jump	10:30-12:00 p.m.	J.V. Boys
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Shot Put	1:00 p.m.	Boys Varsity followed by J.V.
Discus	1:00 p.m.	Girls Varsity followed by J.V.
High Jump	1:00 p.m.	Boys Varsity followed by J.V.
Pole Vault	1:00 p.m.	Girls Varsity followed by J.V.
Javelin	1:00 p.m.	Boys Varsity followed by J.V. (Cafeteria Style)
Long Jump	12:00-1:30 p.m.	Varsity Boys
Long Jump	1:30-3:00 p.m.	J.V. Boys
Triple Jump	12:00-1:30 p.m.	Varsity Girls
Triple Jump	1:30-3:00 p.m.	J.V. Girls

Running Event Order
Girls JV and Varsity followed by Boys
8:40 Girls Open 1600
8:50 Boys Open 1600
9:00 4x800 Meter Relay
Girls 100 Meter High Hurdles
Boys 110 Meter High Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
4x100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4x400 Meter Relay
Mixed 4x400 Meter Relay (Varsity Only)

Starting Heights		
EVENT	Girls	Boys
J.V. High Jump	1.07m	1.42m

Varsity High Jump	1.22m	1.52m
J.V. Pole Vault	1.67m	2.12m
Varsity Pole Vault	2.12m	2.42m

Official heights will be revisited after the entry window has closed.

Work Assignments	
Boys High Jump	
Girls High Jump	
Boys Long Jump	
Girls Long Jump	
Boys Triple Jump	
Girls Triple Jump	
Boys Pole Vault	
Girls Pole Vault	
Boys Shot Put	
Girls Shot Put	
Boys Discus	
Girls Discus	
Boys Javelin	
Girls Javelin	
ALL 4x100	
Exchange 1	
Exchange 2	
Exchange 3	

ALL 4x200	
Exchange 1/3	
Exchange 2	
ALL Break Lines	

Awards	Julie Bobbit, Nancy Fisher
Announcer	Mike (Spanky) Jones
Concessions T-Shirt Sales	NWXCTF Booster Club
Games Committee/Jury of Appeals	

Work assignments will be updated as work requests are received.

Starters	Steve Serniak, Randy Crowe, Rick Freund
Bullpen	Denise & Don Lutes

Northwest Invitational Meet Records

Varsity Boys

Event	Record Holder	Record	School	Year
100m	Brad Alexander	10.87	Lafayette	2016
200m	Melvin Sledge	21.79	Hazelwood East	2024
400m	Romon Logon	49.71	Parkway North	2021
800m	Dylan Quisenberry	1:54.85	Lafayette	2016
1500m	Firaol Ahmed	4:12.62	Northwest	2021
1600m	Kevin Ganahl	4:18.82	Marquette	2015
3200m	Devin Meyrer	9:25.74	Lafayette	2015
110m Hurdles	Tahj Gayfield	14.81	Marquette	2015
300m Hurdles	Kelvin Coleman	38.90	Hazelwood Central	2024
4 x 100m relay	Hazelwood Central	43.28		2023
4 x 200m relay	Hazelwood East	1:30.85		2024
4 x 400m relay	Hazelwood East	3:27.57		2017
4 x 800m relay	Lafayette	8:11.29		2019
Sprint Medley	Hazelwood East	1:37.03		2023
Pole Vault	Blake Bryant	14' 0" /4.27m	Fox	2017
Long Jump	Donald Hatfield Jackson	22' 7" /6.88m	Fox	2019
Triple Jump	Donald Hatfield Jackson	45' 0" /13.72m	Fox	2019
High Jump	Donald Hatfield Jackson	6' 9" /2.06m	Fox	2019
Shot Put	Edward Becton	57' 0 1/2 " /17.39m	Hazelwood Central	2017
Discus	Noa Isaia	169'01" /51.55m	Seckman	2023
Javelin	Iuan Barnett	172' 1" /52.45m	Kirkwood	2016

Junior Varsity Boys

Event	Record Holder	Record	School	Year
100m	Jeremiah Guittar	11.51	Mehluille	2015
200m	Kemeric Winston	23.09	Hazelwood Central	2016
400m	Kemeric Winston	53.01	Hazelwood Central	2016
800m	Noah Gjeluik	2:07.05	Kirkwood	2022
1500m	Jack Robeson	4:24.23	Lafayette	2022
1600m	Billy Driemeyer	4:43.37	Lindbergh	2017
3200m	Billy Driemeyer	9:25.28	Lindbergh	2017
110m Hurdles	Jeffrey Pope	17.16	Lindbergh	2015
300m Hurdles	Kelvin Coleman	42.23	Hazelwood Central	2015
4 x 100m relay	Hazelwood Central	45.31		2023

4 x 200m relay	Hazelwood East	1:35.55		2017
4 x 400m relay	Poplar Bluff	3:41.61		2023
4 x 800m relay	Lafayette	8:46.48		2021
Sprint Medley	Ft. Zumwalt North	1:42.55		2023
Pole Vault	Benjamin Ludwig	12' 0" / 3.66m	Francis Howell North	2018
Long Jump	Gary Terrance	19' 7" / 5.97m	Hazelwood East	2017
Triple Jump	Wendall Bronner	40' 6 1/2" / 12.36m	Marquette	2015
High Jump	Elliot Lorenz	6' 2" / 1.88m	Ladue	2016
Shot Put	Gino Calandro	43' 3 1/2" / 13.20m	Seckman	2015
Discus	Jacob Friebel	132' 2.25" / 40.29m	Northwest	2024
Javelin	Mason Brock	145' 4" / 44.3m	Francis Howell	2018

Varsity Girls

Event	Record Holder	Record	School	Year
100m	Deja Ingram	11.82	Hazelwood Central	2017
200m	Deja Ingram	23.81	Hazelwood Central	2017
400m	Jordyn Buckley	57.88	McCluer North	2024
800m	Cheyenne Meluin	2:16.29	STEAM Academy@MSB	2021
1500m	Josie Baker	4:40.88	Kirkwood	2023
1600m	Anna West	4:52.17	Lafayette	2016
3200m	Adrienne Luna	10:55.87	Cor Jesu Academy	2023
100m Hurdles	Skye Lee	13.64	Parkway Central	2023
300m Hurdles	Marissa Gress	44.43	Lafayette	2015
4 x 100m relay	Hazelwood Central	47.78		2017
4 x 200m relay	Hazelwood Central	1:41.59		2017
4 x 400m relay	Hazelwood Central	3:57.11		2017
4 x 800m relay	Lafayette	9:36.15		2023
Sprint Medley	STEAM Academy @ MSB	1:51.85		2021
Pole Vault	Mason Meinershagen	12' 4.75" / 3.78m	Oakville	2023
Long Jump	Genesis Dixon	18' 1 3/4" / 5.44m	Kirkwood	2021
Triple Jump	Jerrica Key	36' 10 1/2" / 11.24m	Battle	2016
High Jump	Mason Meinershagen	5' 6" 1/4" / 1.68m	Oakville	2022
Shot Put	Jayden Ulrich	44' 1 1/2" / 13.45m	Wood River	2019
Discus	Shauniece O'Neal	136' 10" / 41.71m	Hazelwood Central	2017
Javelin	Elizabeth Bailey	124' 3" / 37.87m	Eureka	2021

Junior Varsity Girls

Event	Record Holder	Record	School	Year
100m	Jayla Sherrard	13.27	Hazelwood Central	2017
200m	Shakira Bent	26.64	Riverview Gardens	2017
400m	Rionna Powell	1:02.36	Hazelwood Central	2017
800m	Madeline Rakey	2:35.94	Eureka	2024
1500m	Emily Sipp	5:15.96	Lafayette	2023
1600m	Kelly Archambeault	5:34.10	Lafayette	2024
3200m	Blair Lobdell	11:51.26	Lafayette	2023

100m Hurdles	Sarah Dobson	17.81	Lafayette	2015
300m Hurdles	Alyssa Serafin	51.14	Lafayette	2017
	Kennedy Williams	51.14	Hazelwood Central	2022
4 x 100m relay	Hazelwood Central	53.16		2024
4 x 200m relay	Riverview Gardens	1:51.90		2017
4 x 400m relay	Lafayette	4:25.38		2016
4 x 800m relay	Parkway West	10:28.78		2016
Sprint Medley	Riverview Gardens	1:59.26		2016
Pole Vault	Lily Vellines	8' 5 1/2" / 2.58m	Lafayette	2022
	Kate Christensen	8' 5 1/2" / 2.58m	Lafayette	2022
Long Jump	Teresa Allgeyer	15' 8 1/2" / 4.79m	Parkway West	2017
Triple Jump	Lejla Hajderovic	32' 6 1/2" / 9.92m	Mehlville	2015
High Jump	Kylin Nichols	4' 10" / 1.47m	Parkway North	2016
Shot Put	Hannah Swinson	35' 9" / 10.9m	Kirkwood	2019
Discus	Courtnee Martin	95' 3" / 29.03m	Crossroads College Prep	2019
Javelin	Cordelia George	102' 2 1/2" / 31.15m	Eureka	2024

Team	Varsity Boys	Varsity Girls	JV Boys	JV Girls
Central (Park Hills)				
Eureka				
Fort Zumwalt North				
Hazelwood Central				
Hazelwood East				
Jennings				
Lafayette				
Lift for Life Academy				
Lindbergh				
Marquette				
McCluer North				
Northwest				
Oakville				
Parkway West				
Poplar Bluff				
Riverview Gardens				
St. Clair				
TOTAL TEAMS				