

# Orchard Farm Boys & Girls Varsity Invitational Information

## April 19, 2024

**Meet Director:** Brad Yount- [byount@ofr5.com](mailto:byount@ofr5.com)

**NEW HS Location:** Orchard Farm HS  
2555 Hwy B  
St. Charles MO 63301

**Coaches Meeting:** 3:00pm – Located in the infield at the start line. The starting heights for the pole vault and high jump will be decided at this time. The games committee will consist of one coach from each school.

**Events:** Field Events: 3:30 p.m.  
Running Events: 4:00 p.m.

**Entry Limits:** 2 athletes per event, 1 relay

**Timing:** Will be done by [TRXC](#)

**Entry Deadline:** Entries are due no later than **Thursday, April 18, at 5:00 pm** – [Online Entry Form](#)

**Heat/Flight Sheets:** [Click here](#)

**Scratches/Changes:** Coaches can manage entries until **Friday, April 19 by 9:00 am** -[Scratches/Changes](#)  
NO EXCEPTIONS ON LATE ENTRIES  
Entry Questions: Rich Schilling- [rich@trxtiming.com](mailto:rich@trxtiming.com) or (314) 522-6176

### **Concessions/**

**Hospitality:** Concession stand will be available. Hospitality will be provided for coaches, bus drivers and event workers. This will be located inside the concession stand and provided by our Track and Field parents.

### **Running/Jumping/ Javelin Surface:**

We have a polyurethane track, jumping area and javelin runway; **no soccer/football style cleats will be allowed on javelin runway.** These surfaces require 1/4-inch spikes or less. The discus/shot put surfaces are concrete and require rubber- soled shoes. Spikes are not permitted in the bleachers.  
**No needle spikes allowed**

**Markers:** Preferred tennis balls, no chalk. PV/LJ/TJ runways are all surrounded by turf, no ‘stick in the ground’ markers/flags.

**Tents:** Team camps should be set up in the grass area right off the plaza or right outside the fence, adjacent to the bleachers.

**Awards:** Top 6 in each event will receive a medal. Team plaques will be awarded to the boys and girls champions.

**Buses:** Please park all the buses on the west side of the stadium in the bus lot.  
The spaces will be marked for buses and are designed for that space.

**Entry Fee:** Our track meets are shared expense events. We will divide the total cost between all teams that participate and will send an invoice as quickly as possible. We bill all participants as “teams”. No individual entries.

## Schedule of Events

3:30 ALL FIELD EVENTS BEGIN – 4 attempts in each event.

3:30 Boys Long Jump (cafeteria style), Girls will follow  
Girls Triple Jump (cafeteria style), Boys will follow  
Boys High Jump - followed by Girls High Jump  
Girls Pole Vault - followed by Boys Pole Vault

Girls Shot, Boys Disc & Javelin (cafeteria) will run concurrently with SP & D and will conclude by 5:30PM

**\*\*Coaches will be asked to help with events, OFHS will cover PV, one throws event and one jumps event.\*\* If you have a preference (NOT exchange zones), please contact Brad Yount - [byount@ofhs.com](mailto:byount@ofhs.com) - If more help is needed, you could be assigned an event to work.**

NOTE: All contestants in the field events should report to the field event judge prior to the start of the competition. Contestants should also report immediately after being called for each trial and complete the trial within 1.5 minutes after reporting (exception – pole-vault is 2 minutes). Otherwise, they will be charged with an unsuccessful attempt.

4:00 pm - Order of all Final Running Events (Girls heats followed by Boys)

4 x 800-meter relay - May combine if numbers allow

100/110m HH

100m Dash

4x200m Relay

1600m Run

4x100 Relay

400m Dash

300m LH

800m Run

200m Dash

3200m Run - may combine if numbers allow (may also need help from coaches to count laps)

4x400m Relay