

Orchard Farm Boys & Girls Warm Up Meet

March 20, 2024

- Meet Director:** Brad Yount - byount@ofr5.com
- NEW HS Location:** Orchard Farm High School
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.
- Admission:** There will be a \$5 admission fee.
- Events:** Field Events: 3:30 p.m.
Running Events: 4:00 p.m.
- Entry Limits:** 4 athletes per event, 2 relays (preferably 1 JV relay and 1 Var Relay)
- Timing:** Will be done by [TRXC Timing](#)
- Heat/Flight Sheets:** [Click here](#)
- Entry Deadline:** Entries are due no later than **Tues, March 19, at 5:00 pm** – [Online Entry Form](#)
- Scratches/Changes:** Coaches can manage entries until **Wed, March 20 by 9:00 am** - [Scratches/Changes](#)
NO EXCEPTIONS ON LATE ENTRIES
Entry Questions: Rich Schilling- rich@trxctiming.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 on practice soccer field.

Awards: This will be a non-medal meet, no awards will be given out.

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.

Warm Up Meet | 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, please contact Brad Yount - byount@ofr5.com**

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 Order of all Final Running Events (Girls heats followed by Boys)

4 x 800-meter relay

100/110m HH

100m Dash

4x200m Relay

1600m Run

4x100 Relay

400m Dash

300m LH

800m Run

200m Dash

3200m Run

4x400m Relay