



Parkway Quad

Parkway South High School is excited to host the 48th Parkway Quad Track Meet on Thursday, March 28, 2024. The meet will begin at 2:30 pm (it is an early release day for the athletes).

We will follow the same schedule as last year and have two divisions - Varsity Division and JV Division. Freshmen and Sophomores in JV, and juniors and seniors **must** compete in the Varsity division. **This year if interested we would like to have a throwers 4X100 relay in between the 3200 and 4x400, please email if interested [Robert Klebolt](#)**

1. Spikes no larger than 1/4" will be allowed.
2. No tape for markings will be used. You may use half tennis balls or chalk to mark on the track or runways.
3. No food or drink (other than water) will be allowed on the infield. We also appreciate all the kids for policing their area for trash.
4. Meet registration will be through mo.milesplit.com. Timing by [TRXC Timing](#). Entries due no later than **Thursday, March 28, 2024, by 9 am.**
5. Entries: Unlimited Varsity and 1 relay. Unlimited Sophomore and 1 relay.
6. We will combine divisions in all relays, 3200, and other distance races based on entries.
7. Each school will need to cover two field events. Please email your preference.
8. South will take the JV/V long jump, break line, and all relay zones
9. Performance: [Heat/Flight Sheets](#)
10. Entry questions email [Paul Golian](#) at TRXC Timing

Field Events:

2:30 p.m.	Girls – (Varsity and Soph.)	Pole Vault – Boys to Follow
2:30 p.m.	Boys – (Varsity and Soph.)	High Jump – Girls to Follow
2:30 p.m.	Boys – (Varsity and Soph.)	Triple Jump (1.5 hours)
2:30 p.m.	Girls – (Varsity and Soph.)	Long Jump (1.5 hours)
2:30 p.m.	Boys – (Var. then Soph.)	Discus – Girls to Follow
2:30 p.m.	Girls – (Var. then Soph.)	Shot– Boys to Follow
2:30 p.m.	Boys – (Varsity and Soph.)	Javelin (1.5 hours)
4:30 p.m.	Girls – (Varsity and Soph.)	Triple Jump (1.5 hours)
4:30 p.m.	Boys – (Varsity and Soph.)	Long Jump (1.5 hours)
4:30 p.m.	Girls – (Varsity and Soph.)	Javelin (1.5 hours)

Running Events: Soph. followed by Varsity (Rolling Time Schedule)

2:30 p.m.	Girls – (Varsity and Soph.)	4X800m Relay
2:45 p.m.	Boys – (Varsity and Soph.)	4X800m Relay
3:00 p.m.	Girls	100m Hurdles
3:10 p.m.	Boys	110m High Hurdles
3:20 p.m.	Girls	100m
3:40 p.m.	Boys	100m
4:00 p.m.	Girls – (Varsity and Soph.)	4X200m Relay
4:10 p.m.	Boys – (Varsity and Soph.)	4X200m Relay
4:20 p.m.	Girls	1600m
4:35 p.m.	Boys	1600m
4:50 p.m.	Girls – (Varsity and Soph.)	4X100m Relay
4:55 p.m.	Boys – (Varsity and Soph.)	4X100m Relay
5:00 p.m.	Girls	400m
5:10 p.m.	Boys	400m
5:25 p.m.	Girls	300m Low Hurdles
5:35 p.m.	Boys	300m Intermediate Hurdles
5:45 p.m.	Girls	800m
6:00 p.m.	Boys	800m
6:10 p.m.	Girls	200m
6:20 p.m.	Boys	200m
6:30 p.m.	Girls – (Varsity and Soph.)	3200m
6:50 p.m.	Boys – (Varsity and Soph.)	3200m
7:05 p.m.	Boy/Girl	4x100 Throwers Relay
7:10 p.m.	Girls – (Varsity and Soph.)	4X400m Relay
7:15 p.m.	Girls – (Varsity and Soph.)	4X400m Relay