



Dear Coaches,

Parkway North High School is honored to host the **47th Parkway Quad Track Meet on Thursday, March 30, 2023!** For the 2nd year in a row, the Quad will feature girls' and boys' divisions. We will follow the same schedule as last year and have two divisions - Varsity Division and Sophomore Division. Freshmen can compete in the sophomore division, and juniors and seniors must compete in the Varsity division. Please see the schedule below.

Here are the specifics:

1. Spikes no larger than ¼” 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
Entries due no later than Thursday, March 30, 2023, by 9 am.
5. **Juniors and seniors must compete in the varsity division. Freshmen and sophomores may cross over into the varsity division.**
6. **Entries: Unlimited Varsity and 1 relay. Unlimited Sophomore and 1 relay.**
7. We will combine divisions in all relays, 3200, and other distance races based on entries.
8. Each school will need to cover **two** field events. Please email your preference.
9. North will take the long jump, break line, and all relay zones.
10. [Click Here](#) to see heat and flight sheets

Thanks,

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**Parkway Quad.
Thursday, March 30, 2023
Parkway North High School**

Field Events:

4:00 p.m.	Girls – (Varsity and Soph.)	Pole Vault – Boys to Follow
4:00 p.m.	Boys – (Varsity and Soph.)	High Jump – Girls to Follow
4:00 p.m.	Boys – (Varsity and Soph.)	Triple Jump (1.5 hours)
4:00 p.m.	Girls – (Varsity and Soph.)	Long Jump (1.5 hours)
4:00 p.m.	Boys – (Var. then Soph.)	Discus – Girls to Follow
4:00 p.m.	Girls – (Var. then Soph.)	Shot– Boys to Follow
4:00 p.m.	Boys – (Varsity and Soph.)	Javelin (1.5 hours)
6:00 p.m.	Girls – (Varsity and Soph.)	Triple Jump (1.5 hours)
6:00 p.m.	Boys – (Varsity and Soph.)	Long Jump (1.5 hours)
6:00 p.m.	Girls – (Varsity and Soph.)	Javelin (1.5 hours)

Running Events: Soph. followed by Varsity

4:00 p.m.	Girls – (Varsity and Soph.)	4X800m Relay
4:15 p.m.	Boys – (Varsity and Soph.)	4X800m Relay
4:25 p.m.	Girls	100m Hurdles
4:35 p.m.	Boys	110m High Hurdles
4:45 p.m.	Girls	100m
4:55 p.m.	Boys	100m
5:10 p.m.	Girls – (Varsity and Soph.)	4X200m Relay
5:15 p.m.	Boys – (Varsity and Soph.)	4X200m Relay
5:20 p.m.	Girls	1600m
5:35 p.m.	Boys	1600m
5:50 p.m.	Girls – (Varsity and Soph.)	4X100m Relay
5:55 p.m.	Boys – (Varsity and Soph.)	4X100m Relay
6:00 p.m.	Girls	400m
6:10 p.m.	Boys	400m
6:25 p.m.	Girls	300m Low Hurdles
6:35 p.m.	Boys	300m Intermediate Hurdles
6:45 p.m.	Girls	800m
7:00 p.m.	Boys	800m
7:10 p.m.	Girls	200m
7:20 p.m.	Boys	200m
7:30 p.m.	Girls – (Varsity and Soph.)	3200m
7:50 p.m.	Boys – (Varsity and Soph.)	3200m
8:05 p.m.	Girls – (Varsity and Soph.)	4X400m Relay
8:10 p.m.	Boys – (Varsity and Soph.)	4X400m Relay