

Parkway North Fred Lyon Invitational 2024

Meet Dates: Friday, April 19th

Meet Managers: Jason Crawford jcrawford@parkwayschools.net
Moyenda Anwise manwise@parkwayschools.net

Meet Details: ***Varsity Only Boys and Girls.*** This meet is sanctioned by MSHSAA

Site Details: Parkway North has an 8 lane all-weather track. The pole vault, high jump, long and triple jump areas also have a rubberized surface. You may use chalk or half tennis balls for marks on the track or runway surfaces. The shot and discus circles are concrete. Please bring your own official shot, discus, and javelin. Please, clearly mark your throwing implements for identification purposes. There will be no locker room facilities available. Restrooms are on site. Concessions will be available.

Entries: You may enter **two** athletes per event and one team per relay per division. Athletes are limited to participating in only 4 events.

Entry Procedure: We will use **Mile Split** to enter athletes and seed the meet; therefore no seeding meeting is necessary. Please log into Mile Split Go to Meet Information, scroll down to High School, select Track, and scroll down to Fred Lyon Meet. Entries are due no later than **Thursday, April 18 at 9am.**

Coaches Meeting: A coach's meeting will be held at 3:30 PM. in the bullpen before the meet to distribute heat sheets and provide meet information.

Awards: Medals will be awarded to the top five in each event. We will award trophies to the first and second place in each division. We will continue the tradition of awarding a plaque to the "Athlete of the Meet," which will be voted on by the coaches.

Entry Fee: The entry fee is \$380 if you bring both Varsity Boys and Girls, or \$190 for just one division. Make checks payable to:

Parkway Tournament Fund, Fred Lyon Invitational

Mail entry fee to:

Corey Johnson, Athletic Director
455 N. Woodsmill Rd.
Chesterfield, MO. 63017

If you have any questions, please contact Josh Martin at 314-415-7637 or Jason Crawford at 314-443-7308. Email [Paul Golian](#) about entry questions

Performance List

Field Events:

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

Running Events:

4:00 p.m.	Girls	4X800m Relay
4:15 p.m.	Boys	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	4X200m Relay
5:20 p.m.	Boys	4X200m Relay
5:25 p.m.	Girls	1600m
5:40 p.m.	Boys	1600m
5:55 p.m.	Girls	4X100m Relay
6:05 p.m.	Boys	4X100m Relay
6:10 p.m.	Girls	400m
6:20 p.m.	Boys	400m
6:35 p.m.	Girls	300m Low Hurdles
6:45 p.m.	Boys	300m Intermediate Hurdles
6:55 p.m.	Girls	800m
7:10 p.m.	Boys	800m
7:20 p.m.	Girls	200m
7:30 p.m.	Boys	200m
7:40 p.m.	Girls	3200m
8:00 p.m.	Boys	3200m
8:15 p.m.	Girls	4X400m Relay

8:25 p.m. Boys

4X400m Relay

Boys

1. Hazelwood East
2. Ritenour
3. Clayton
4. Francis Howell
5. Webster Groves
6. McCluer
7. Vianney
8. Parkway South
9. Parkway Central
10. Marquette
11. Riverview Gardens
12. Mehlville
13. Eureka
14. SAMSB
15. Francis Howell Central
16. Parkway North

Girls

1. Hazelwood East
2. Ritenour
3. Francis Howell
4. Webster Groves
5. McCluer
6. McCluer North
7. Parkway South
8. Parkway Central
9. Marquette
10. Riverview Gardens
11. Mehlville
12. Eureka
13. SAMSB
14. Francis Howell Central
15. Nerinx Hall
16. Parkway North