

# Parkway West High School Freshman Invitational

Parkway West High School  
April 24, 2024

Scoring will be: 10-8-6-5-4-3-2-1

Facilities: West has an all weather track and runways. The throwing circles are concrete. Please use 1/4" or 1/8" spikes and chalk or tennis balls for your marks. Please set up team tents on the outside of the fence around the track.

We will have a trainer on site. There will be a concession stand and restrooms at the track. Athletes should not be in the main building.

Entries: Teams will be allowed 3 entries in each open event, and one entry in the relay events. We will have an open 1600 for any grade level to start the meet. The open 1600 will have no medals and it will not be scored.

All entries must be completed no later than **April 26<sup>th</sup>, at 9:00am.**

[Online Entry Link](#)

Entry

Questions: Rich Schilling - TRXC Timing, LLC - [rich@trxctiming](mailto:rich@trxctiming)

Meet Program: [Heat/Flight Sheets](#)

Live Results: Live results can be found at [TRXC Timing](#)

Awards: Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in each event. There is a team plaque for 1<sup>st</sup> place.

Cost: The cost to enter this meet is \$175 per team and payment should be made to:

**Parkway Tournament Fund, West High Freshman Invitational  
C/O Corey Johnson, Athletic Director,  
445 No. Woods Mill Rd., Chesterfield, MO 63017**

# Freshman Invitational

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## Order of Events

**4:15 PM – Pole Vault, High Jump, Triple Jump, Shot Put, Javelin**

**5:15 PM – Long Jump**

**Discus will be immediately after Shot Put**

### Field:

**Shot Put and Discus will be four throws no finals.**

**Long and Triple will be cafeteria style, four jumps no finals.**

- Long Jump will be on the runway closer to the fence, and Triple Jump will be on the runway closer to the track.

**High Jump and Pole Vault will have procedures finalized before the beginning of the meet.**

**Javelin will also be run cafeteria style, 4 throws, and no finals. Please note that the Javelin field is not close to the track or the other throwing events.**

### Track:

**4:00 Open 1600m Run**

**4:15 4 x 800m Relay**

**4:30 110m Hurdles (39")**

**4:35 100 m Dash**

**4:50 4 x 200m Relay**

**4:55 1600m Run**

**5:10 4 x 100m Relay**

**5:15 400 m Dash**

**5:25 300m Hurdles (36")**

**5:35 800m Run**

**5:45 200m Dash**

**5:55 3200m Run**

**6:15 4 x 400m Relay**