

**JV Metro League Meet**  
Tuesday, April 16, 2024  
@ Principia HS

**Entries:**

You can entry your athletes through [mo.milesplit.com](https://mo.milesplit.com)

Coaches can manage their athletes until **Tuesday April, 16 @ 9:00AM**

**Entering athletes**

Individual Events: 3 athletes per gender per team

Relay Events: 1 team per gender per school

**Notes:**

3/8" spike maximum

Blocks provided

No chalk or tape on track for relay markings

Chalk or tape okay on jump runways

The Clerk/Bull Pen area will be on the infield near the universal start/finish line.

The entire venue is a designated "Coaches Box." However, the individuals running any field event may instruct a coach to move and that decision is unappealable. MSHSAA Officials likewise have this authority as does the Breakline Judge.

**Team Information:**

The infield is intended for athletes actively warming up and coaches.

Coaches, please monitor your athletes and do not allow parents or spectators on the infield.

Tents and Camping areas are permitted in the grass on either side of the Track. Teams should not camp out in the stands or bleachers.

Buses may enter either entrance to Principia off Clayton Road. Drop off your athletes near the Track and you will be directed to a parking area, which should (no promises) be reasonably close to the Track area.

All teams will need to run/officiate up to 2 Field Events as well as officiate relay exchange zones. If you have requests for particular field event duties, please submit these by email to Blair Lindsay at [blair.lindsay@principia.edu](mailto:blair.lindsay@principia.edu) by 4/10/24. Similarly, if there is an event you truly cannot run (versus would rather not run), communicate that.

The Games Committee will consist of the Head Coaches of each School.

Genuine "Junior Varsity" level athletes on your team may also compete in the Varsity League Meet on 4/17/24. This includes senior athletes who are of Junior Varsity caliber. The League

has long recognized that in some League Schools, their JV and Varsity teams have significant overlap.

**Performance List:**

[Click Here](#) to see the Heat/Flight Sheets

**Live Results:**

will be on [trxctiming.com](http://trxctiming.com)

**Event Schedule**

3:45 Coaches Meeting

**Running Events**

4:00 4x800 (may combine B&G)  
4:20 HH  
4:35 100  
4:50 4x200  
5:05 1600  
5:20 4x100  
5:30 400 (rolling schedule from here on)  
300 H  
800  
200  
3200 (may combine B&G)  
4x400

**In running events, Girls races will precede Boys unless combined.**

**Field Events**

(3 jumps/no finals—3 throws/no finals—cafeteria style in discretion of event official—2&1 okay in throws)

4:00

BLJ

GHJ (starting height—2” below lowest entry)

BS

GD

GPV (starting height—6” below lowest entry)

5:00

GLJ

BHJ (starting height—2” below lowest entry)

GS

BD

BPV (starting height—6” below lowest entry)

6:00

B&G TJ

## B&G Jav

TJ & Jav may move up in time if earlier events in that area are completed.  
They may be treated as a combined B&G event in the discretion of the officials running the event.