



4/22/26 Rockwood Summit JV Quad

Meet Directors: Erin Hopkins | hopkinserin@rsdmo.org | 314.803.8662

Matt Warren | warrenmatthew@rsdmo.org

Schools: Rockwood Summit B/G; Marquette B/G; Parkway Central B; Eureka G

Officials: TBD

Coaches Meeting: 3:45 at the starting line

Start Time: 4:00 pm rolling schedule Girls then Boys

Entries will take place on [AthleticNET](#), **ALL entries will be due NO LATER than Weds, April 22nd, at 9:00AM CST. No late entries will be accepted! Scratches only at coaches' meeting!** Entry questions? Reach out to Paul Golian - paul@trxctiming.com

[MSHSAA Athletic.net Helpsheet](#)

Entry Limits : Unlimited

We can merge depending upon entries

Heat/Flight Sheets: [Click here](#)

Live Results: [Click here](#)

Track Info: 8 Lane all-weather track. You may only use ¼" spikes or smaller. Teams may put up tents in specified areas adjacent to the visiting bleachers or outside fenced areas; space is at a premium. Spectators must stay in the stadium bleacher viewing areas as they will not be allowed on the infield.

Entry Fee: We will split the timing fees between all school invited

Team Scores: No team scores will be kept

Concessions: No concessions

Hospitality: Will be provided for coaches and officials

Trainer: There will be a trainer on site

Team Camps: Outside of track





4:00PM START

Running Events:

800
100h
110h
200m
1600m
300H
100m
4x400m



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins

All field events

- Pole Vault / HJ - Girls followed by boys
- Javelin will be held on upper fields-Girls top field/Boys bottom field Javelin: 4 attempts / 2 and 2/ Cafeteria style / No finals
- Discus & Shot Put: 4 attempts / 2 and 2/ No finals
 - **Boys Shot** Furthest away from the walkway/steps
 - **Girls Shot** -Closest to the steps
 - **Boys Disc** -Closest to the baseball field
 - **Girls Disc** - Furthest away from school, by the exit/side exit

LJ & TJ: 4 attempts / 2 and 2/ Cafeteria style / No finals

