



St. Charles West High School
Activities Department
3601 Droste Rd. St. Charles, MO 63301
Phone #: 636-443-4281
Fax #: 636-443-4285

St. Charles West Fresh / Soph Invitational
April 3, 2024

- Location:** St. Charles West High School
Steve Stahl Stadium – 2660 Zumbuhl Rd., St. Charles, MO 63301
- SCW AD:** Eric Schroer eschroer@stcharlessd.org 636-443-4255
- Heat/Flight:** [Click here](#) to see heat and flight sheets
- Scoring:** This will be a Scoring Meet 10-8-6-5-4-3-2-1
- Awards:** Medals will be awarded for the top 3 places in all events including relay events
A plaque will be awarded for the top 2 places in boys & girls
- Meet Entries:** All entries will be made through milesplit.com.
Coaches can manage their entries using this [Online Entry Link](#)
- You are allowed 3 entries in individual events, 1 in relay events, 2 in PV & HJ**
Entries are due by **Monday, April 1 at 5:00pm**
Coaches can manage their entries until **12:00pm on Tuesday, April 2**
- Cost:** This is a shared expense event, to be billed after the meet.
- Work Assignments:** Email your top 2 work assignment requests to SCW AD by Wed 3/27. All teams should expect to cover one field event. SCW will cover PV (Boys & Girls). Do NOT request an exchange zone.

Coaches Meeting 3:00 PM:

Field Events: 3:30pm --- Running events: 4:00 pm

3:30 Field events (Time allotments TBD based on entries, Announced at coaches meeting)

- Boys Shot – Cafeteria 4 throws
- Girls Discus- Cafeteria 4 throws
- ****BOYS and GIRLS Javelin (together)**** – 4 throws
- Girls High Jump – Starting height to be announced at coaches meeting
- Boys Pole Vault – Starting height 6', may change based on number of entries
- Boys Long Jump- Cafeteria 3 Jumps
- Girls Triple Jump – Cafeteria 3 Jumps

Activities Director: Eric Schroer
E-Mail: eschroer@stcharlessd.org

Secretary: Rachel Holtgrewe
E-Mail: rholtgrewe@stcharlessd.org



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Teams:

Howell, Zum East (Boys), Zum North, Zum South, St. Charles, SCW, St. Dominic, Howell Central, Troy, Wright City, Lindbergh (Girls), Ritenour (Girls), Orchard Farm, Lift for Life

These field events will follow the completion of the of the opposite gender above. Event judge will dictate applicable warm-up time. Listen for calls over PA.

- Girls Shot – Cafeteria 4 throws
- Boys Discus- Cafeteria 4 throws
- Boys High Jump – Starting height to be announced at coaches meeting
- Girls Pole Vault – Starting height 7', may change based on number of entries
- Girls Long Jump- Cafeteria 3 Jumps
- Boys Triple Jump – Cafeteria 3 Jumps

4:00 p.m. Running Events (Weather could dictate rolling schedule)

- No preliminaries; all heats against time
- All runners should report to the bullpen when called
- No spikes in bleachers or on turf
- No tape on track or runway
- 1/4" or smaller pyramid spikes!!

Order of Events (Girls Run 1st – Then Boys)

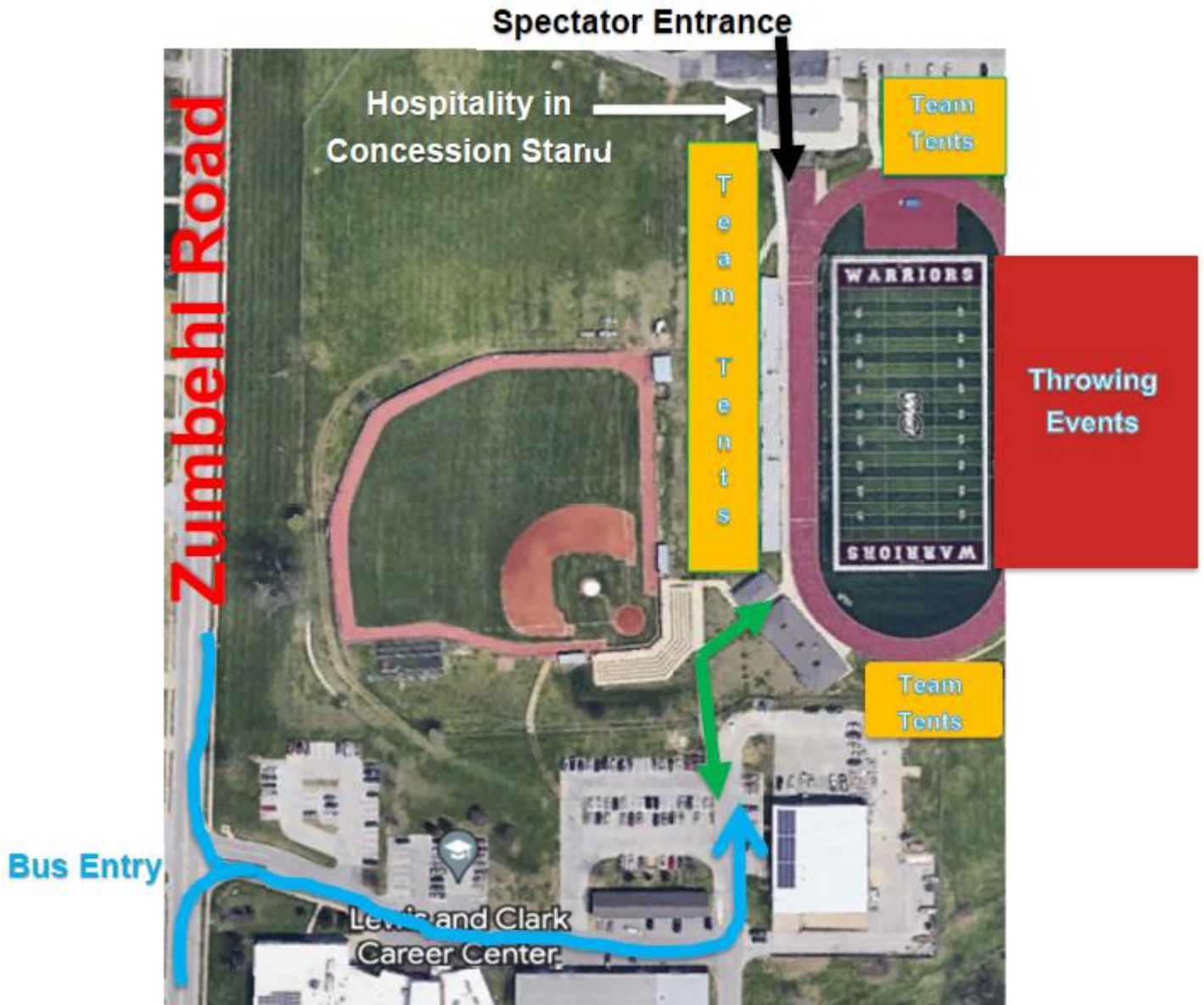
4:00 4x800
4:25 100/110 Hurdles
4:45 100 Dash
5:05 4x200 Relay
5:15 1600 Run
5:30 4x100 Relay
5:40 400 Dash
6:05 300 Hurdles
6:25 800 Run
6:40 200 Dash
7:00 3200 Run
7:30 4x400 Relay

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Track & Field Team Parking & Entry
Team Path to and from Stadium
Areas for Team Tents
Throwing Events

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