

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 Girls V & JV Invitational
April 10, 2024

Location: St. Charles West High School
Steve Stahl Stadium – 2660 Zumbuhl Rd., St. Charles, MO 63301

SCW Activities

Director: [Eric Schroer](#) – 636-443-4255

Timing: [TRXC Timing](#)

Entry Limit: 2 per event, 1 per relay

Meet Entries: All entries will be made through milesplit.com. Coaches can manage their entries at [Mo.Milesplit](#)
Entries are due by **Tuesday, April 9th at 5:00 pm.**
Coaches can manage their entries until **9:00 am on Wednesday, April 10**

Entry

Questions: [Rich Schilling](#) – 314-522-6172

Meet Program: [Heat/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
A plaque will be awarded for the top 2 places in Varsity & JV

Spikes: 3/16 or smaller pyramid spikes only; no needles

Additional Information:

- No preliminaries; all heats against time
- All runners should report to the bullpen when called
- No spikes on bleachers or on turf
- No tape on track or runway

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

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

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3:00pm – Coaches Meeting

3:30pm **Field Events**
High Jump
Pole Vault
Discus
Shot Put
Javelin

3:30-5:00pm Long Jump
5:00-6:30pm Triple Jump

Running Events

3:30pm 3200 Meter Run
4:15pm 4x800 Relay
4:35pm 100 Hurdles
4:55pm 100 Dash
5:15pm 4x200 Relay
5:25pm 1600 Run
5:40pm 4x100 Relay
5:50pm 400 Dash
6:15pm 300 Hurdles
6:35pm 800 Run
6:55pm 200 Dash

7:15pm SENIOR NIGHT

7:45pm 4x400 Relay