



Suburban Conference Green Division
Boys and Girls
Friday May 3, 2024

Meet Managers: Erin Hopkins/Rolland Garrison/Nick Buckvar

Location: Rockwood Summit High School 1780 Hawkins Road, Fenton, MO 63026

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.
Spectators must stay in the stadium bleacher viewing areas as they will not be allowed on the in field.

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

Entry Limits: You may enter up to three athletes per division per event (all can score) and use the four event per athlete rule. You may enter two 4x800 relay teams (only one can score). Throwing events, LJ and TJ will have 4 attempts with no finals. (2/2)

➤ Sprint events will be power seeded & run against time. No Finals.

➤ There will be no crossovers in any event

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

Scratches/Changes: Entries are due **Friday May 3rd @9AM** on [Mo.Milesplit](#)

Entry Questions: Paul Golian Paul@trxtiming.com

Games Committee: Ladue; Summit; P. Central; Riverview; McCluer North

Field Events:

Need to be cleared for pooling prior to the event-location TBD

Long Jump: McCluer North

Triple Jump: Riverview

High Jump: McCluer

Shot Put: Parkway Central

Discus: Webster

Pole Vault: Summit

Javelin: Ladue

Break in Judge: TBD

4x100 (1st exchange)(2nd exchange)(3rdexchange) :TBD

4x200 (1st & 3rd exchange) (1st & 3rd exchange) :TBD

South curve Starters North curve: TBD

Hurdles 1-2 3-4-5-6-7-8-9-10:TBD

Games Committee also serves as Hurdle and Curve Judges

Admission:Please inform your parents that there will be a \$5.00 admission fee charged at the gate.

- **Concessions** will be available for the athletes and spectators.
- **AWARDS:** Medals for the 3 places in the varsity and junior varsity divisions & Team Trophy will be awarded.
- **BUSES:** Buses are instructed to drop off at the entry to the stadium and continue around either to the upper lot or the elementary and middle schools a block south of Rockwood Summit
- **INFIELD:** Only Coaches are allowed in the infield and athletes warming up in the designated area. No food,, sunflower seeds, drinks other than water allowed on the in field
- ➤**BULLPEN:** Athletes must report to the bullpen near the 40 yard line before their race for hip numbers. They will then be sent to the start line of their race.
- **TENTS:** Tent space will be at a premium adjacent to or within the visiting stadium bleachers.

- **WEATHER:** We will run in almost any weather other than lightning. We will most likely use the lower gymnasium in the inclement weather delaying the meet. If there is a need to cancel or reschedule the meet we will contact the school as soon as possible.

- **RESTROOMS:** Restrooms are located at the end of the stadium on the side of the Storage Shed as well as just inside the entry to the main building behind the press box. Locker rooms are not available on site.

- **FIRST AID:** A certified trainer will be available on site

Meet questions:

Erin Hopkins hopkinserin@rsdmo.org 314.803.8662

Rolland Garrison GarrisonRolland@rsdmo.org 314 803.8662

Nick Buckvar nbuckvar@ladueschools.net 314-255-6386

Suburban Conference Green Division May 3, 2024 Rockwood Summit High School

Field Events:

4:00 p.m. Girls – (JV included)	Pole Vault	Boys to Follow
4:00 p.m. Boys – (JV included)	High Jump	Girls to Follow
4:00 p.m. Boys – (JV included)	Triple Jump (1.75 hours)	
4:00 p.m. Girls – (JV included)	Long Jump (1.75 hours)	
4:00 p.m. Boys – (Varsity then JV)	Discus	Girls to Follow
4:00 p.m. Girls – (Varsity then JV)	Shot	Boys to Follow
4:00 p.m. Boys – (JV included)	Javelin (1.75 hours)	
6:00 p.m. Girls – (JV included)	Triple Jump (1.75 hours)	
6:00 p.m. Girls – (JV included)	Long Jump (1.75 hours)	
6:00 p.m. Girls – (JV included)	Javelin (1.75 hours)	

Running Events: JV followed by Varsity

4:00 p.m. Girls - (JV and Varsity) 4X800m Relay
 4:15 p.m. Boys - (JV and Varsity) 4X800m Relay
 4:30 p.m. Girls 100m Hurdles
 4:40 p.m. Boys 110m Hurdles
 4:50 p.m. Girls 100m
 5:05 p.m. Boys 100m
 5:20 p.m. Girls 4X200m Relay
 5:30 p.m. Boys 4X200m Relay
 5:40 p.m. Girls 1600m
 5:55 p.m. Boys 1600m
 6:05 p.m. Girls 4X100m Relay
 6:15 p.m. Boys 4X100m Relay
 6:25 p.m. Girls 400m
 6:35 p.m. Boys 400m
 6:50 p.m. Girls 300m Intermediate Hurdles
 7:00 p.m. Boys 300m Intermediate Hurdles
 7:10 p.m. Girls 800m
 7:20 p.m. Boys 800m
 7:30 p.m. Girls 200m
 7:45 p.m. Boys 200m
 8:00 p.m. Girls - (JV and Varsity) 3200m
 8:15 p.m. Boys - (JV and Varsity) 3200m
 8:30 p.m. Girls 4X400m Relay
 8:40 p.m. Boys 4X400m Relay