

February 21, 2023

Dear Coach,

We are happy to host the Varsity and JV divisions (boys and girls) of the Suburban Conference Green Division track meet. The meet is **Friday, May 5th**.

Parkway Central has an all weather track. The pole vault, high jump, and long & triple jump areas also have the rubber surface. You may use a maximum of 1/4" spikes in all events. The shot and discus circles are concrete. Javelin is in the grass. Please bring your own official shot, discus and javelin clearly marked for identification.

A team trophy will be awarded to the first place team in each division, and medals will be awarded to the top five in each event.

You may enter **three** athletes 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.

We will use Milesplit for entries and TRXCTiming for timing. Please go to their websites for meet and entry information.

A coach's meeting will be held at 3:30 in the bullpen. We will have a concession stand.

At our fall coaches meeting each school selected a field event and agreed to provide one coach/adult (plus helpers) to help run the meet effectively. Good luck to you and your team this season. This is the only letter we will be sending so mark you schedules.

Please email steve.warren4667@gmail.com or call 314-378-4260 if you have any questions.

Sincerely,

Steve Warren and Ryan Banta

**Suburban Conference Green Division
May 5, 2023**

Meet Director	Steve Warren
Starters	Charlie Beck, Rod Reed, Frank Greco (Referee), John Fleming,
Clerk of Course	
Head Finish Judge	
Head Field Judge	Mike Parsons, Zavin Nalbainian
Announcer	
Awards	Tina Uihlein,
F.A.T.	TRXC Timing
Gate	(ramp), (steps)

[Click Here](#) to see heat and flight sheet

All entries must be done NO LATER than **May 5th by 9:00 AM** [Entry Link](#)

Games Committee

Ladue	Nick Buckvar
McCluer	Jackie Waters
McCluer North	Asaki Carr
Parkway Central	Steve Warren
Riverview Gardens	Abena Bradley-Madkins
Rockwood Summit	Roland Garrison
Webster Groves	Jon Petter

Field Events

Long Jump	Webster Groves
Triple Jump	McCluer North
High Jump	Riverview Gardens
Shot Put	McCluer
Discus	Parkway Central
Pole Vault	Rockwood Summit
Javelin	Ladue

Break in Judge Parkway Central

4x100

(1st exchange)	Riverview Gardens	Parkway Central
(2nd exchange)	McCluer North	Parkway Central
(3rd exchange)	Webster Groves	Parkway Central

4x200

(1st & 3rd exchange)	McCluer	Ladue
(1st & 3rd exchange)	Rockwood Summit	Parkway Central

South curve	Parkway Central	Starters
North curve	McCluer North	Rockwood Summit

Hurdles	1-2 Webster Groves	3-4 McCluer	5-6 Ladue
	7-8 Riverview Gardens	9-10 Parkway Central	

Games Committee also serves as Hurdle and Curve Judges

**Suburban Conference Green Division
Friday May 5, 2023
Parkway Central 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.	Boys – (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 High 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 Low 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