

All-Suburban Conference Green Pool - Girls
Wednesday 5/4/22 @ Parkway West High School

- Schools: Ladue, McCluer, McCluer North, P. Central, P. West, Riverview, Summit
- Scoring will be: 10-8-6-5-4-3-2-1
- Facilities: West has an all weather track and runways. The throwing circles are concrete. Please use 1/4" or 1/8" spikes and chalk or tennis balls for your marks.
- We will have a trainer on site. Restrooms are at the track. Athletes should not be in the main building.
- Entries: Each school is allowed 3 entries per individual event, with top 2 scoring, in both Varsity and JV. Each school is allowed 1 relay per event, except for the 4x8, which will allow 2 teams from each school, scoring 1.
- Entries will be done on Momilesplit. [Online Entry Link](#)
- All entries are due no later than **Wednesday, May 4th at 9:00am**
- Meet Program: [Heat/Flight Sheets](#)
- Field Events:
- 4:00 - Shot Put will be Varsity then JV, 4 attempts, no finals
 - 4:00 - Discus will be JV then Varsity, 4 attempts, no finals
 - 4:00 - Pole Vault will be combined
 - 4:00 - High Jump will be combined
 - 4:00 – 5:00 - ALL Long Jump, cafeteria style, 4 jumps, no finals
 - 5:00 – 6:00 – ALL Triple Jump, cafeteria style, 4 jumps, no finals
 - 4:00 – 5:00 - ALL Javelin, cafeteria style, 4 attempts, no finals

*please note the Javelin field is on the other side of campus

Work Assignments

LJ – McCluer North
TJ – McCluer
HJ - West
PV - West
SP – Ladue
Disc - Central
Jav – Summit
Relay Exchanges – West/Riverview
Breakline - West

Time Schedule (we will not get ahead)

JV first, followed by Varsity

4:00 – 4x800

4:25 – 100 Hurdles

4:40 – 100

4:50 – 4x200

5:00 – 1600

5:15 – 4x100

5:25 – 400

5:40 – 300 Hurdles

5:55 – 800

6:05 – 200

6:20 – 3200

6:50 – 4x400