

All-Suburban Conference Red Pool - Boys
Friday 5/3/24 @ Parkway West High School

Schools: Eureka, Fox, Lafayette, Mehlville, Oakville, Parkway South, Parkway West, Ritenour

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.

*Please note the Javelin is NOT a close walk from the track and even further from the shot/discus. I would recommend planning ahead for anyone attempting to throw shot or discus AND javelin.

We will have a trainer on site. Restrooms are at the track. Athletes should not be in the main building.

Entries: Varsity – 2 individuals, 1 relay
JV – 4 individuals, 1 relay (all 4 can score and medal)
Entries will be completed on [Milesplit](#)
All entries will be due **NO LATER than May 2nd by 9:00 AM**
Seniors may compete on JV as long as their performance is JV caliber.
Entry questions email [Paul Golian](#) – [TRXC Timing](#)

Heat/Flight: [Click Here](#) to see heat and flight sheets

There is NO crossover of divisions.

Field Events:

4:15 – 5:45	Varsity Long Jump	(4 jumps, no finals)	cafeteria style
4:15 – 5:45	JV Triple Jump	(3 jumps, no finals)	cafeteria style
6:00 – 7:30	Varsity Triple Jump	(4 jumps, no finals)	cafeteria style
6:00 – 7:30	JV Long Jump	(3 jumps, no finals)	cafeteria style
4:15	Varsity Pole Vault, then JV		
4:15	JV High Jump, then Varsity		
4:15	Varsity Shot Put (4 throws, no finals), then JV Shot Put (3 throws, no finals)		
4:15	JV Discus (3 throws, no finals), then Varsity Discus (4 throws, no finals)		
4:15 – 5:45	ALL Javelin (Varsity – 4 throws, no finals, JV – 3 throws, no finals)		Cafeteria style

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

Time Schedule (approximate)

JV first, followed by Varsity

4:00 – Open 1600m (unlimited, no medals, unscored)

4:15 – 4x800

4:40 – 110 Hurdles

4:55 – 100

5:15 – 4x200

5:30 – 1600

5:50 – 4x100

6:00 – 400

6:20 – 300 Hurdles

6:35 – 800

6:50 – 200

7:10 – 3200

7:40 – 4x400