

Seckman High School
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Suburban Red Girl's Conference Championships

Tuesday, May 3, 2022

Conference

Teams: Fox, Pattonville, Ritenour, Mehlville, Oakville, Parkway South, Seckman, & Webster Groves

Meet

Manager: Ryun Kasten & Alan Farmer

Location: 2800 Seckman Rd. Imperial, MO 63052

Track Info: 8 Lane all-weather track. You may only use 1/4" spikes or smaller. No spectators allowed.

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

Awards:

Trophies for 1st place teams on JV & Varsity.

Medals to the top 5 finishers in each event on JV & Varsity.

**Coaches may pick up their team's medals at the conclusion of the meet from the press box.

Entry

Limits:

Varsity	-	2 entries per varsity in open events and 1 entry in relays allowed.
Junior Varsity	-	4 entries per JV in open events and 2 entries in relays allowed

Seniors may compete at the Junior Varsity division if their performance is as such. There will be no crossover divisions!

Entries: Please enter your athletes into events onto <https://www.milesplit.com/> **Online Entry Link**

Entry

Deadline: Coaches can manage their entries online until **Monday, May 2nd, at 6:00pm**

Scratches/ Changes

Scratches/Changes can be made until **Tuesday, May 3rd, at 9:00am.**

NO LATE ENTRIES

Meet

Program: Heat/Flight Sheets

Games

Committee: All head coaches.

Entry Fee: This fee will be divided equally among the schools.

Details:

- Each team is to assist with officiating - *further information to come.*
- All-weather track and runway surfaces. Two separate runways one for TJ and one for LJ. Spikes *no longer than 1/4 inch* are allowed on the track.
- Shot and Discus locations are located south side of football field beyond the fence..
- **TENTS**
- **NO LOCKER ROOMS** available - athletes are expected to arrive ready.
- **FIRST AID:** A certified trainer will be available on site.
- **CONCESSIONS** - Available located on the southwest corner of the building. Coaches will have a meal ticket for a hot dog and soda. Tickets are for coaches only.

Coaches meeting: 3:45pm **In the bleachers in front of the press box.**

Bus drop off: Enter at the main entrance located on the west side of Seckman High School and follow drive to football/track field to drop off students. Bus parking will be located on lot to west of baseball field behind Seckman Elementary.

Time Schedule



Order of Events

Schedule of Events: We will follow this time schedule, but may advance time schedules on field events if possible. We will announce time changes by intercom. We do not have lights in field event areas and need to complete before it is dark. JV will compete first, then Varsity, unless noted otherwise.

3:00pm **Javelin** - 4 Throws, No Finals
Each school will throw at arrival to event

3:45pm Coaches Meeting

Shot Put, Discus – 4 Throws, No Finals

4:00	JV	Shot Put
4:00	V	Discus
5:30	V	Shot Put
5:30	JV	Discus

Long Jump, Triple Jump, High Jump, Pole Vault

4:00	JV	Long Jump	4 Jumps – Cafeteria Style
4:00	Varsity	Triple Jump	4 Jumps – Cafeteria Style
5:30	Varsity	Long Jump	4 Jumps – Cafeteria Style
5:30	JV	Triple Jump	4 Jumps – Cafeteria Style
4:00	JV followed by V High Jump (Opening heights determined @ coaches meeting)		
4:00	V followed by JV Pole Vault		

Track Events

4:00	4 x 800 Meter Relay
4:20	100 Meter Hurdles
4:35	100 Meter Dash
4:50	4 x 200 Meter Relay
5:05	1600 Meter Run
5:25	4 x 100 Meter Run
5:40	400 Meter Dash
6:00	300 Meter Hurdles
6:15	800 Meter Run
6:30	200 Meter Dash
6:45	3200 Meter Run
7:15	4 x 400 Meter Relay