Seckman High School **Ryan Kasten, Athletic Director** 2800 Seckman Rd. Imperial, MO 63052 (636) 282-14850 ext. 5421 <u>kastenr@foxc6.org</u>



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# Suburban Red Girl's Conference Championships

### Tuesday, May 3, 2022

<u>Conference</u> <u>Teams:</u>	Fox, Pattonville, Ritenour, Mehlville, Oakville, Parkway South, Seckman, & Webster Groves		
<u>Meet</u> <u>Manager:</u>	Ryun Kasten & Alan Farmer		
Location:	2800 Seckman Rd. Imperial, MO 63052		
Track Info:	<u>8</u> 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		
<u>Awards:</u>	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.		
<u>Entry</u> <u>Limits:</u>	<ul> <li>Varsity - 2 entries per varsity in open events and 1 entry in relays allowed.</li> <li>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!</li> </ul>		
Entries:	Please enter your athletes into events onto https://www.milesplit.com/ Online Entry Link		
<u>Entry</u> Deadline:	Coaches can manage their entries online until Monday, May 2 <sup>nd</sup> , at 6:00pm		
<u>Scratches/</u> <u>Changes</u>	Scratches/Changes can be made until Tuesday, May 3 <sup>rd</sup> , at 9:00am. NO LATE ENTRIES		
<u>Meet</u> Program:	Heat/Flight Sheets		

### <u>Games</u>

**<u>Committee:</u>** All head coaches.

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

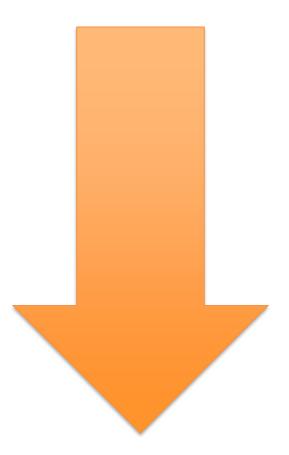
### **Details:**

- 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

<u>Schedule of Events:</u> 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 Jun	np (Opening heights determined @ coaches meeting)
4:00		y JV Pole Vau	

### **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