

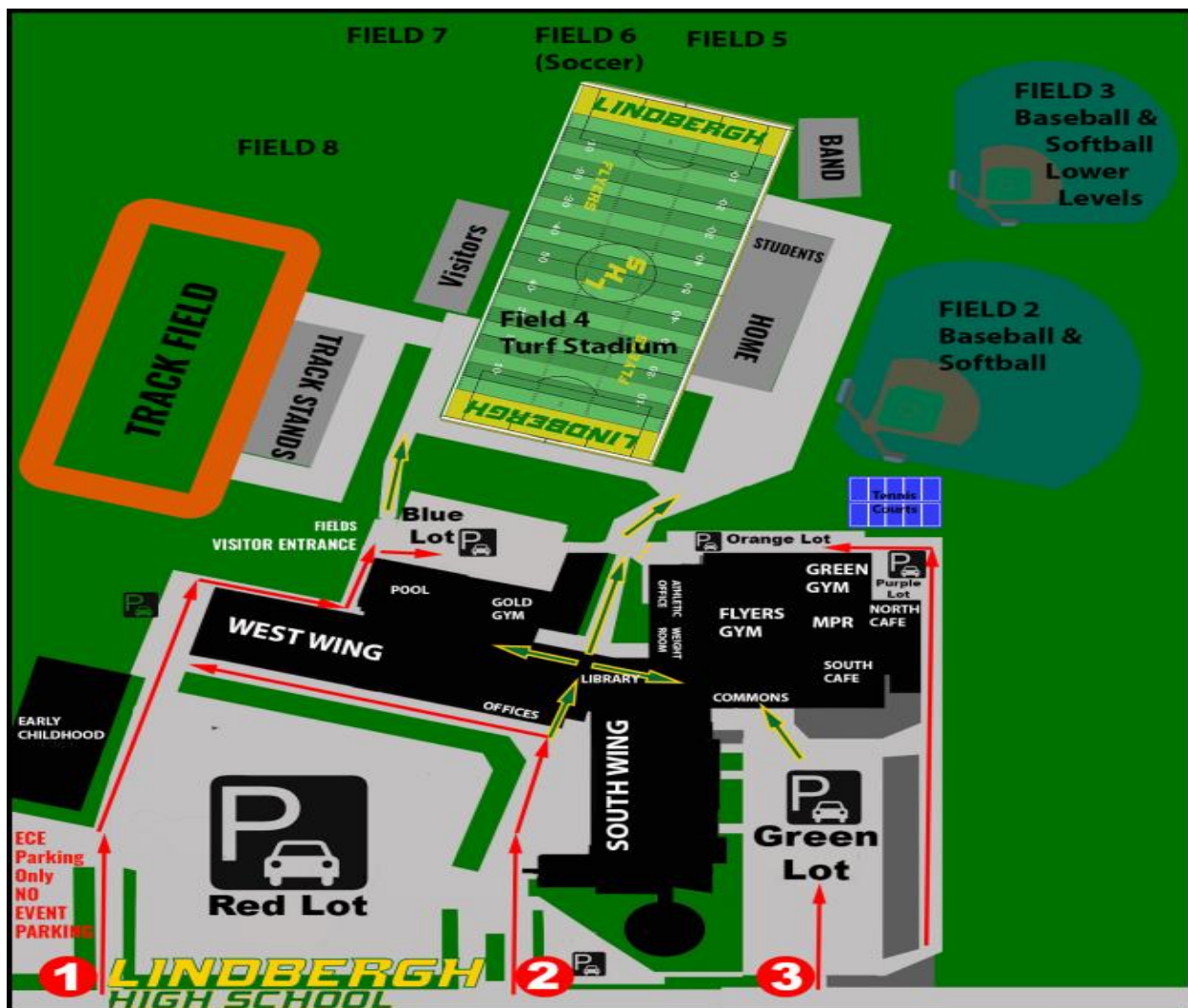
2024 Suburban Yellow CONFERENCE MEET

**Saturday, May 4th, 2024**  
**Hazelwood Central, Hazelwood West,**  
**Kirkwood, Lindbergh, Marquette, Northwest,**  
**Pattonville, Seckman**

BUSES DROP OFF - Enter through entrance 3 and follow the arrows to the Orange Parking lot for drop-off behind the school near the turf field. After drop-off, Buses should park at Sperreng Middle School (1211 Tesson Ferry Rd).

TENT CITY- This will be the area between the baseball field and the football field, Absolutely NO TENTS IN THE FOOTBALL OR BASEBALL fields themselves. We are asking that Tent City stay over here to open up the limited space near the track for spectators

The Red lot and Blue lot areas for spectators



Meet Officials:

TRXC timing will be in charge of entries, timing, and results for the meet. Please register and have all entries for the meet on [Mo.Milesplit.com](http://Mo.Milesplit.com) by May 3rd @9:00

- A coaches meeting will be held at 8:30 a.m. in the stands in front of the press box.
- Please make sure that no more than one-fourth-inch spikes are used on our all-weather surfaces. Tennis balls and chalk only may be used on the track and runways (no tape). Throwing circles are concrete. The Javelin runway

is **GRASS** and is back on field 7 (See above map) Please do NOT throw Javelins on field 6 to warm up.

- The grass field is only for coaches and athletes warming up, Please keep trash off the infield
- Bull Pen - Located near the scoreboard
- Teams will be allowed only one relay team in each division. Varsity open events are limited to two individuals; however, teams may enter FOUR individuals in each event on JV with only top two scoring. There will be **no division crossover**.
- Athletes of any grade can run J.V. at the coach's discretion.
- Heats/Flights will be seeded by time and distance entered. There will be no prelims.
- [Click Here](#) to see heat and flight sheets
- Measured field events will be allowed **four attempts on Varsity** and **three on JV with no finals**.

Awards: Trophies will be awarded to the 1st place teams on JV & Varsity. Medals will be earned by the top 3 finishers in each event on JV & Varsity. Athletes will need to pick up their medals from the press box after the event results have been announced. Scoring: 10-8-6-5-4-3-2-1.

Admission: \$5 at the date

Concessions: The Lindbergh Boys Track Booster Club will host a full concession stand.

Workers: Every team will need a coach to run off-field events and help judge exchange zones on the track. Please fill out the to request work assignments. Please Email me at [johnmcnamara@lindberghschools.ws](mailto:johnmcnamara@lindberghschools.ws). I will try my best to limit the number of coaches we need as best I can.

## EVENT SCHEDULE

ORDER OF TRACK EVENTS/TIME SCHEDULE	
9:00	OPEN 1600M
9:30	J.V. 4x800 Meter Relay
	Varsity 4x800 Meter Relay
9:50	J.V. 110 Meter High Hurdles
	Varsity 110 Meter High Hurdles
10:25	J.V. 100 Meter Dash
	Varsity 100 Meter Dash
10:55	J.V. 4x200 Meter Relay
	Varsity 4x200 Meter Relay
11:15	J.V. 1600 Meter Run
	Varsity 1600 Meter Run
11:45	J.V. 4x100 Meter Relay
	Varsity 4x100 Meter Relay
12:00	J.V. 400 Meter Dash
	Varsity 400 Meter Dash
12:30	J.V. 300 Meter Intermediate Hurdles
	Varsity 300 Meter Intermediate Hurdles
1:00	J.V. 800 Meter Run
	Varsity 800 Meter Run
1:30	J.V. 200 Meter Dash
	Varsity 200 Meter Dash
2:00	J.V. 3200 Meter Run
	Varsity 3200 Meter Run
2:45	J.V. 4x400 Meter Relay
	Varsity 4x400 Meter Relay

## FIELD EVENTS SCHEDULE

### THROWS

- SESSION 1 9:30 AM
  - VAR DISC
  - VAR JAV
  - JV SHOT
- SESSION 2 11:30 AM
  - VAR SHOT
  - JV JAV
  - JV DISC

### JUMPS

- SESSION 1 9:30 AM
  - JV LONG JUMP
  - VAR HIGH JUMP
- SESSION 2 11:30
  - VAR TRIPLE JUMP (IMMEDIATELY FOLLOWED BY JV TRIPLE JUMP)
- SESSION 3 1:30
  - JV HIGH JUMP
  - VAR LONG JUMP

### POLE VAULT 9:30 AM

- VARSITY POLE VAULT IMMEDIATELY FOLLOWED BY JV POLE VAULT

Starting Heights		
EVENT	J.V.	Varsity
High Jump	1.42m (4'8")	1.62m (5'4")
Pole Vault	1.98m (6'6")	2.13m (7'0")

WORK ASSIGNMENT		
EVENT	VAR	JV
High Jump	PATTONVILLE	KIRKWOOD
Long Jump	SECKMAN	HAZELWOOD CENTRAL
Triple Jump	MARQUETTE	NORTHWEST
Pole Vault	LINDBERGH	LINDBERGH
Shot Put	MARQUETTE	HAZELWOOD WEST
Discus	NORTHWEST	SECKMAN
Javelin	KIRKWOOD	PATTONVILLE
4x100 EXCHANGE		
Exchange 1	Hazelwood Central	
Exchange 2	Kirkwood	
Exchange 3	Northwest	
4x200 EXCHANGE		
Exchange 1/3	Seckman	
Exchange 2	Marquette	
Break Line	Hazelwood West	