

Timberland Wolfpack Invitational

Saturday, April 8th, 2023 @ 9:00am

Timberland High School



Meet Info

- Meet Director:** [Todd Hayes](#)- 636-327-3988
- Entries:** Entries are due no later than **Wednesday, April 5th at 5:00 pm** [Online Entry Form](#)
- Entry Limits:** 2 per individual event, 1 relay per school
- Scratches/Changes:** Coaches can manage their roster until **Friday, April 7th at 9:00 am** **Email** Timothywoodson@wsdr4.org or **text** 636-515-1858 with any questions.
- Heat/Flight:** [Click Here](#) to see heat and flight sheets
- Live Results:** [TRXC Timing](#)
- Games Committee:** Members will be determined and contacted prior to the meet.
- Participating Teams:**
Boys and Girls
Ft. Zumwalt South, Troy, Ft. Zumwalt West, Francis Howell, Ft. Zumwalt East, Holt,
Francis Howell Central, Pattonville, Lutheran St. Charles, North Point, Hazelwood
West, Lift for Life, Christian, Normandy, Bowling Green
Girls Only
Ritenour, Nerinx Hall, O'Fallon (IL)
Boys Only
- Work assignments:** Please fill out the event(s) that your coaches are able to work. Knowledge of how to run the event properly is expected. First come, first serve.
[2023 Wolfpack Invitational Work Assignments](#)
- Key points:** There will be **no camping on the infield** allowed this year. The field is only to be used for warm-up purposes. Spectators, athletes, and coaches will not be allowed to set up any sort of camp, including the use of lawn chairs.
This was an issue last year. Please let your team know prior to arrival.
- Our competition hurdles should remain on the track or on the carts at all times. We will set up practice hurdles on the field. Please tell your hurdlers to not remove the competition hurdles from the track or the carts.

Awards:

Top 3 for each event will medal and top 2 teams per gender will receive a plaque. Athletes should receive their medals at the medals table on the field.

Website Questions:

[Rich Schilling](#) - (314) 522-6176

WOLFPACK INVITATIONAL

8:20am Coaches Meeting

9:00 am Field Events Begin

9:30am **4x800 Relay**

100/110 Hurdles

100m

Break to Honor 2023 Seniors (~20-25 minutes)

4x200

1600m

4x100

400m

300m Hurdles

800m

200m

3200m

4x400

Rolling time schedule (Boys to follow girls in all races)

8:30 am Warm-ups & run throughs begin for all listed field events in the 1st group

9:00 am Boy's Shot Put, Girls to follow (3 Throws, 2-1, 9 to finals)

Girl's Discus, Boys to follow (3 Throws, 2-1, 9 to finals)

Boy's Javelin, Girls to follow (3 Throws, 1-1-1, 9 to finals)

Girl's Pole Vault, Boys to follow

Boy's Long Jump (90 min. Cafeteria Style. 3 jumps, 9 to finals)

Girl's Triple Jump (90 min. Cafeteria Style. 3 jumps, 9 to finals)

Boy's High Jump, Girls to follow

11:30 am Run throughs and warm-ups begin

12:00 pm Girl's Long Jump (90 min. Cafeteria Style. 3 jumps, 9 to finals)

Boy's Triple Jump (90 min. Cafeteria Style. 3 jumps, 9 to finals)

Finals: Top 9 for all throws, long jump, and triple jump will be announced and given a 15 minute warm-up period after the announcement. Seeded finals, 3 additional attempts (1-1-1 format)

Opening heights

Boy's High Jump - 1.60 Meters (~5'3) increase by 0.05 meters (~ 2 inches)

Girl's High Jump - 1.35 Meters (~4'5) increase by 0.05 meters (~ 2 inches)

Boy's Pole Vault - 2.90 Meters (~9'6) increase by 0.15 meters (~ 6 inches)

Girl's Pole Vault - 2.15 Meters (~7'0) increase by 0.15 meters (~ 6 inches)

***Opening heights will be determined based off of the entered marks and verified at the coaches meeting.**