

## **2022 Class 4 District 4 Track and Field Championships**

Date: May 14th, 2022

Location: North Point High School, 2255 W Meyer Rd, Wentzville, MO 63385

Meet Director: Kyle Deeken, Head Boys and Girls Track and Field Coach  
Dr. Jacob Adams, Activities Director

Timing: TRXC Timing

- Entries will be made on [mo.milesplit.com](https://mo.milesplit.com). You are allowed 2 athletes per event and 1 relay team. Deadline for entries is - **Tuesday, May 10th, at 12:00pm**
- Starting heights determined by the Games Committee
- Implement Weigh-In from 8:00am-8:45am.

Games Committee:

### **Time Schedule:**

Coaches Meeting: 8:30am

Field Events:

\* There will be prelims in all throws and horizontal jumps events. Athletes will be allowed three (3) trials. The top nine (9) athletes will be moved to finals where they will be allowed an additional three (3) trials.

- 9:00am - Boys Javelin, Cafeteria 1.5 hours, Finals to Follow
- 9:00am - Girls Shot Put, Cafeteria 1.5 hours, Finals to Follow
- 9:30am - Girls Long Jump, Cafeteria 1.5 hours, Finals to Follow
- 9:30am - Boys Triple Jump, Cafeteria 1.5 hours, Finals to Follow
- 9:30am - Boys Pole Vault, 5 Active, Starting Height \_\_\_\_
- 9:30am - Girls High Jump, 5 Active, Starting Height \_\_\_\_
- 12:00pm - Girls Discus, Cafeteria 1.5 hours, Finals to Follow
- 12:00pm - Boys Shot Put, Cafeteria 1.5 hours, Finals to Follow
- 12:30pm - Girls Pole Vault, 5 Active, Starting Height \_\_\_\_
- 12:30pm - Boys High Jump, 5 Active, Starting Height \_\_\_\_
- 3:00pm - Boys Discus\*, Cafeteria 1.5 hours, Finals to Follow
- 3:00pm - Girls Javelin\*, Cafeteria 1.5 hours, Finals to Follow

\* Due to the layout of the fields, we will have to modify the 3:00pm throws for safety reasons. When one athlete is throwing, the athlete who is up in the other event must wait until the implement has been thrown, measured, and all volunteers/athletes are in a safe area/off of the field.

### **Running Events:**

**\* There will be prelims in the 100m dash, 100/110m hurdles, and 200m dash with the top eight (8) athletes moving on to finals.**

- 10:30am - Boys 110m Hurdles Prelim
- 10:40am - Girls 100m Hurdles Prelim
- 10:55am - Boys 100m Dash Prelim
- 11:05am - Girls 100m Dash Prelim
- 11:15am - Boys 4x800m Relay Final - Box Alley (Double waterfall if necessary)
- 11:35am - Girls 4x800m Relay Final - Box Alley (Double waterfall if necessary)
- 12:00pm - Boys 200m Dash Prelim
- 12:10pm - Girls 200m Dash Prelim

### **Finals beginning at 12:45pm**

- 12:45pm - Boys 110m Hurdles Final
- 12:55pm - Girls 100m Hurdles Final
- 1:10pm - Boys 100m Dash Final
- 1:15pm - Girls 100m Dash Final
- 1:30pm - Boys 4x200m Relay - Heats vs Time
- 1:40pm - Girls 4x200m Relay - Heats vs Time
- 1:50pm - Boys 1600m Run - Double Waterfall
- 2:05pm - Girls 1600m Run - Double Waterfall
- 2:20pm - Boys 4x100m Relay - Heats vs Time
- 2:30pm - Girls 4x100m Relay - Heats vs Time
- 2:40pm - Boys 400m Dash - Heats vs Time
- 2:50pm - Girls 400m Dash - Heats vs Time
- 3:05pm - Boys 300m Hurdles - Heats vs Time
- 3:15pm - Girls 300m Hurdles - Heats vs Time
- 3:30pm - Boys 800m Run - Double Waterfall
- 3:40pm - Girls 800m Run - Double Waterfall
- 3:50pm - Boys 200m Run Final
- 3:55pm - Girls 200m Run Final
- 4:00pm - Boys 3200m Run - Double Waterfall
- 4:20pm - Girls 3200m Run - Double Waterfall
- 4:40pm - Boys 4x400m Relay - Heats vs Time
- 4:55pm - Girls 4x400m Relay - Heats vs Time