



St. Charles West High School
Activities Department
3601 Droste Rd. St. Charles, MO 63301
Phone #: 636-443-4281
Fax #: 636-443-4285

St. Charles West 9th/10th Grade Invitational
April 4, 2017

SCW Athletic Director Terry Oetting toetting@stcharlessd.org 636-443-4255

This year's Invitational will be held at Ft. Zumwalt East High School

Participating Schools: Ft. Zumwalt East, Ft. Zumwalt North, Ft. Zumwalt South, Orchard Farm, St. Charles, St. Charles West, Francis Howell, Francis Howell North, Troy

Scoring: This will be a Scoring Meet 10-8-6-5-4-3-2-1

Awards: Medals will be awarded for the top three places in all events including relay events
A Plaque will be awarded for top 2 places in boys & girls

Meet Entries: All entries will be made online using www.trxctiming.com.
You are allowed 3 entries in individual events and 2 in relay events.
Entries are due by **Monday, April 3 at 5:00 pm** – [Online Entry Form](#)
Coaches can manage their entries until **9 am Tuesday, April 4** – [Scratches/Changes](#)

Performance List: [Performance List](#)

Heat/Flight Sheets: [Heat/Flight Sheets](#)

3:30 p.m. **Coaches Meeting:** Exchange judges and games committee assigned at this time

3:45 p.m. **Field Events**
Boys High Jump followed by Girls
Girls Shot Put followed by Boys
Boys Discus followed by Girls
Girls Pole Vault followed by Boys
Girls Triple Jump followed by Girls Long Jump
Boys Long Jump followed by Boys Triple Jump
Boys Javelin followed by Girls Javelin

4:15 p.m. **Running Events**

- No preliminaries; all heats against time
- All runners should report to the bullpen when called
- No spikes in bleachers
- No tape on track or runway
- 3/16 or smaller pyramid spikes only; no needles



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Order of Events

4x800	Relay
100/110	Hurdles
100	Dash
4x200	Relay
1600	Run
4x100	Relay
400	Dash
300	Hurdles
800	Run
200	Dash
3200	Run
4x400	Relay