

4/20/19

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2019 LINDENWOOD HIGH SCHOOL TRACK & FIELD MEET INFORMATION

- DATE: ~~Lindenwood High School Open, Saturday, March 23, 2019~~
★ Lindenwood High School Classic, Saturday, April 20, 2019★
Field Events Start @ 9:00 AM Track Events Start @ 10:00 AM
- TEAM SCORING: Individual Events: 10-8-6-5-4-3-2-1 Relay Events: 10-8-6-5-4-3-2-1
- ENTRY PROCEDURE: Registration will take place at <http://mo.milesplit.com>.
- ENTRY DUE DATE: High School Open – Entries due by Wednesday, March 20, 2019 at 10:00 PM.
LIMIT TO 4 ENTRIES PER EVENT PER SCHOOL. 2 TEAMS PER RELAY PER SCHOOL

High School Classic - Entries due by Wednesday, April 17, 2019 at 10:00 PM.
LIMIT TO 3 ENTRIES PER EVENT PER SCHOOL. 2 TEAMS PER RELAY PER SCHOOL.
- ENTRY FEE: ~~\$200.00 per Gender per School~~
~~\$200.00 for Boys Team~~ \$200.00 for Girls Team 9 or less \$20.00 per individual
Make checks payable to: Lindenwood Track & Field
c/o of Lisa Hundelt
209 S. Kingshighway
St. Charles, MO 63301
Entry fee checks are due on Meet Entry Due Date.
- AWARDS: Top 3 places in each event receive custom T-Shirt.
1st Place Team (Boy's, Girl's) will receive a custom award. Presented at
Conclusion of meet.
- BUS/VAN PARKING: Drop off below track on upper level of Hyland Arena parking lot. Park vans and
Buses at Harmon Hall.
- FACILITY: ¼ inch spikes or less only.
- WEIGH-IN: 1 hour before start of Throwing Event. Weigh-In Station located at storage shed
next to Hammer/Discus Cage.
- JUMPS/THROWS: 3 attempts per athlete with top 9 advancing to Finals for 3 additional attempts.
If athlete does not report to their attempts in Finals they will be scratched out of
those attempts.
Depending on the entry size minimum mark distance may be used.

WARM-UP AREA: The infield may be used for warmup and the backstretch of the track. Hurdles will be available on infield for warmup purposes. Please stay away from the Finish Line area. Please stay out of Throws sectors and Jumps runway areas. Coaches allowed on infield and at Field Event sites. No coaches allowed on track.

TEAM CAMPS: Teams may set up camps on the hillside to the west of the track. No camps in Grandstands or Grandstand area. No camps on infield.

EVENT CHECK-IN: Field Events: Check in at event site no later than 30 minutes prior to event start
Track Events: Check in at Clerk Tent no later than 15 minutes prior to event start.
Report to Start Line of event no later than 5 minutes prior to start.

RESULTS: Results will be posted on bulletin board (back of grandstand) and on and www.lindenwoodlions.com.

ATHLETIC TRAINERS: Athletic Trainers will be available before, during and after the meet.

~~LINDENWOOD UNIVERSITY HIGH SCHOOL OPEN - Saturday, March 23, 2019~~
LINDENWOOD UNIVERSITY HIGH SCHOOL CLASSIC - Saturday, April 20, 2019

SCHEDULE OF EVENTS

FIELD EVENTS

9:00 AM Discus – (Girls)(Boys to follow)
 Pole Vault (Girls)(Boys to follow)
 Long Jump – (Girls)(Boys to follow)
 Triple Jump – (Boys)(Girls to follow)
 Shot Put – (Boys)(Girls to follow)
 High Jump – (Boys)(Girls to follow)

1:00 PM Javelin (Girls) – Runway 1
 Javelin (Boys) – Runway 2

TRACK EVENTS (Rolling Schedule)(Fast Heat to Slow Heat)

10:00 AM Girls 2000 Meter Steeplechase
 Boys 2000 Meter Steeplechase

10:30 AM Girls 4x800 Meter Relay
 Boys 4x800 Meter Relay
 Girls 100 Meter Hurdles
 Boys 110 Meter Hurdles
 Girls 100 Meter
 Boys 100 Meter
 Girls 4x200 Meter Relay
 Boys 4x200 Meter Relay
 Girls 1600 Meter
 Boys 1600 Meter
 Girls 4x100 Meter Relay
 Boys 4x100 Meter Relay
 Girls 400 Meter
 Boys 400 Meter
 Girls 300 Meter Hurdles
 Boys 300 Meter Hurdles
 Girls 800 Meter
 Boys 800 Meter
 Girls 200 Meter
 Boys 200 Meter
 Girls 3200 Meter
 Boys 3200 Meter
 Girls 4x400 Meter Relay
 Boys 4x400 Meter Relay