



Fort Zumwalt North Track and Field Invitational

Site: Fort Zumwalt North High School – 1230 Tom Ginnever, O’Fallon, MO 63366

Date: Friday – April 21, 2017 – Fort Zumwalt North High School will conduct its 24th Annual Track and Field Invitational for Boys and Girls

The following schools are scheduled to compete: Fort Zumwalt North, St. Charles West, Warrenton, Holt, O’Fallon Christian, Troy, Northwest, Liberty, and Lindbergh (Girls Only), Fort Zumwalt West (Boys - Distance Events)

Medals will be awarded to places 1, 2, 3 and team plaques to the top two teams in each division (Boys and Girls)

We will try and maintain a time schedule and will do everything we can to remain on schedule. We are asking each school to provide one official to help run the meet.

2017 FZN Track Meet

Schedule of Events

2:30 Coaches Meeting – *Must start at 2:30 sharp!*

Field Events

3:00 Girls Shot Put, Boys Shot Put, Girls Pole Vault, Boys Disc, Girls High Jump, Boys Triple Jump, Girls Long Jump, Girls Javelin

4:15 Boys Javelin, Girls Disc, Boys Long Jump, Boys High Jump, Boys Pole Vault, Girls Triple Jump

5:45 Boys Disc, Girls Javelin

*Please note the throw events will use the 1-1-1-1 format

Track Events

- Girls will run prior to Boys in each event
- There will be no prelims
- Events will be power seeded

3:00 3200 Meter Run
4:00 3200 Meter Relay
100M/110M High Hurdles
100M Dash
4X200M Relay
1600M Run
4X100M Relay
400M Dash
300M Hurdles
800M Run
FZN Senior Recognition
200M Dash
4x400 Meter Relay
Award Trophies