

## Kirkwood Quad

Girl's Teams: Kirkwood, Webster, Summit, Ritenour, NWHS

Boy's Teams: Kirkwood , Webster, Summit, Ritenour

Kirkwood Girl's & Boy's Track Team is pleased to have your team participate in a Quad meet at Kirkwood High School on March 21, 2017 @4:00 p.m.

Since this meet is early in the season, we will not be keeping a final team score, using our (FAT) system or awarding any medals. This meet is an old-fashioned track meet (without the cinders on the track)...We will have a certified MSHSAA Starter. This meet will give you the opportunity for all your athletes to compete that have met the 14-day conditioning requirements.

You will be responsible for timing your athletes. We will have JV/Varsity Divisions and you may run as many as you want in those levels, as long as they don't compete in more than (4) events. We will combine HEATS when necessary.

We will need help in running off field events. We will run the normal order of events. Hurdles will be run at the normal height for each hurdle event for Girls and Boys.

### Field Events:

The Discus is located near the softball field and the Shot put is located near the batting cages. There are no lights on those fields, so we will allow each thrower 3 throws each, no finals and will conclude before it gets to dark to throw. Boys will throw shot first followed by the Girl's shot. Girls will throw the Discus first followed by the boy's Discus.

In the Long Jump and Triple Jump, each jumper may take 3 jumps no finals cafeteria style. Girl's will long jump first and will be followed by the Boy's Long jump. Boy's Triple will be first, followed by the Girl's triple jump. High Jump will begin first for Girls followed by Boy's high jump. Athletes may come in wherever they feel comfortable. Boy's Pole Vault will begin first followed by the Girl's pole vault. Javelin will take place after 5:30

Bus drop off will be at the Chopin parking lot, then bus can head north on Chopin to the Dougherty Ferry parking too park the bus.

Thanks again for your participation  
Roberta McWoods 313-8887 (cell)

### **Work Assignments:**

Girls LJ: Ritenour

Girls TJ: Webster

Girls HJ:KWD

Girls Shot: Summit

Girls Discus: NWHS

Girls PV: KWD

Javelin: KWD & Available Coaches

Boys LJ: Ritenour

Boys TJ: WG

Boys HJ: Summit

Boy Shot:KWD

Boys Discus: KWD

PV: Kirkwood

## Order of Events

Coaches Meeting: 3:45

Field Events:

4:00-5:00 then 5:15-6:15

Boy's Shot followed by Girl's Shot

Girl's Discus followed by Boy's Discus

Girl's Long Jump followed by Boy's Long Jump

Boy's Triple Jump followed by Girl's Triple Jump

Girl's High Jump followed by Boy's High Jump

Boy's Pole Vault followed by Girl's Pole Vault

(Girls followed by Boys)

4x800 relay

100m hurdles

100m dash

4x200 relay

1600m run

4x100 relay

400m dash

300m hurdles

400m dash

800m run

200m dash

3200m run

4x400m relay