

# Fort Zumwalt North Track and Field Invitational

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

**Date:** Friday – April 20, 2018

Fort Zumwalt North High School will conduct its 25<sup>th</sup> Annual Track and Field Invitational for Boys and Girls

The following schools are scheduled to compete:

<b>Battle</b>	<b>Holt</b>	<b>Troy</b>	<b>Fort Zumwalt East (Girls Only)</b>
<b>Bayless</b>	<b>Northwest</b>	<b>Warrenton</b>	<b>Parkway Central (Girls Only)</b>
<b>Francis Howell North</b>	<b>O’Fallon Christian</b>		<b>Fort Zumwalt West (Boys –2 mile only)</b>
<b>Fort Zumwalt North</b>	<b>St. Charles West</b>		

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

## Schedule of Events

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

### Field Events

<b>3:00</b>	Girls Shot Put Boys Shot Put	Girls Pole Vault Boys Disc	Girls Long Jump Boys High Jump	Girls Javelin Boys Triple Jump
<b>4:15</b>	Girls Disc Boys Javelin	Girls High Jump Boys Long Jump	Girls Triple Jump Boys Pole Vault	

\*The throw events will use the 1-1-1-1 format

\*Long Jump & Triple Jump will be Cafeteria Style

\*Pole Vault & High Jump will be four alive

### Track Events

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

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

- The medal table will be set up by the storage area at the front of the track. Medals will be handed out after each event is completed and scored