

Kirkwood Old School/Early Bird Meet

Girl's Teams: Kirkwood, Webster, Ritenour, Northwest, Lindbergh

Boy's Teams: Kirkwood, Webster, Ritenour

Kirkwood Girl's & Boy's Track Team is pleased to have your team participate in our Old School/Early Bird Meet (formerly Kirkwood Quad) at Kirkwood High School on March 28, 2018 @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. Javelin will take place at the end of those events or at the conclusion of baseball practice when the field is available.

In the Long Jump and Triple Jump, each jumper may take 3 jumps no finals cafeteria style. Girl's and Boy's Long jump will be cafeteria style and run the same time as Boys & Girls Triple. High Jump will begin first for Girls followed by Boy's high jump. Athletes may come in wherever they feel comfortable. Boys & Girls Pole Vault will be combined.

Work Assignments:

Long Jump: Ritenour G&B
Triple Jump: Webster (G) &(KWD)
Girls HJ: Lindbergh
Girls Shot: KWD
Girls Discus: NWHS
Girls PV: KWD
Javelin: KWD & Available Coaches

Boys HJ: WG
Boy Shot: KWD
Boys Discus: KWD
Boys PV: KWD

Order of Events

Coaches Meeting: 3:45

Field Events: 4:00-6:00pm

Long & Triple Jump (cafeteria style G&B)
Boy's Shot followed by Girl's Shot
Girl's Discus followed by Boy's Discus
Girl's High Jump followed by Boy's High Jump
Boy's Pole Vault Girl's Pole Vault combined

(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