



Fort Zumwalt North Track and Field Invitational

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

Date: Thursday – April 18th, 2019

Games Committee: FZN (Boys Coach), SCW (Girls Coach), NW (Boys Coach), Troy (Girls Coach)

Fort Zumwalt North High School will conduct its 26th Annual Track and Field Invitational for Boys and Girls

The following schools are scheduled to compete:

Battle	Fort Zumwalt North	O’Fallon Christian	Fort Zumwalt East
Bayless	Fort Zumwalt West	St. Charles West	(Girls Only)
Francis Howell	Holt	Troy	
Francis Howell North	Northwest	Warrenton	

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.

****Note – Each team will be required to assist in running off the meet.**

2019 FZN Track Meet

Schedule of Events

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

Field Events

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

*The throw events will use the 2-2 format (only best throw of the two measured)

*Long Jump & Triple Jump will be Cafeteria Style (4 jumps)

*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

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

200M Dash

FZN Senior Recognition

4x400 Meter Relay

- The medal table will be set up by the bullpen on the field. Medals will be handed out after each event is completed and scored.