

# ROCKWOOD SUMMIT TRACK & FIELD

## *Home of the Falcons*

### BOYS PROGRAM:

#### ROLLAND GARRISON

Head Coach

#### TONY EDWARDS

Assistant Coach

#### DAN LISCH

Assistant Coach

#### KOR'REE MANSON

Assistant Coach

#### GREG SAETTELE

Assistant Coach

### GIRLS PROGRAM:

#### ERIN HOPKINS

Head Coach

#### PHOEBE COHEN

Assistant Coach

#### JAKE JOHNSON

Assistant Coach

#### BOB KOGER

Assistant Coach

#### JASON MILLER

Assistant Coach

#### KYLIE BROY

Assistant Coach

To: Activities Directors and/or Track & Field Coaches  
RE: \*17<sup>th</sup> Annual “Corey Siebert” Coed Track & Field Invitational

This year, our \*17th Annual “Corey Siebert” (Falcon) Coed Track & Field Invitational will have several adaptations in view of COVID-19, most significant of which will be that we will be hosting it under split sessions. The girls will compete during the morning session (8:30am until 12:45pm), and the boys will compete during the afternoon session (1:30pm until 6:45pm). Upon completion of the morning session, the stadium will be cleared all persons, after which the stadium will reopen for the afternoon session. We feel that, even with COVID-19 adaptations, our \*17th Annual “Corey Siebert” (Falcon) Coed Track & Field Invitational on Saturday, April 17, 2021 will still be an outstanding meet.

TRXC Timing will be providing timing, meet administration, live results and meet support. However, to register your athletes into the meet, you will need to access your [www.MoMileSplit.com](http://www.MoMileSplit.com) account **with a password** (*to be sent later*) to register and enter your athletes. Registration access will only be granted to those who have completed or arranged payment of their program entry fee. Officials for this meet will be Charlie Beck, Frank Schulz and Frank Greco Please contact us with any concerns.

An order of events and *tentative* time schedule is included for you to review. Also included is our COVID-19 Plan for hosting home meets, from which your school will be assigned a team area. Thanks in advance for providing someone to assist with the administration of this meet by accepting one (or more) of the events to assist with.

\*17<sup>th</sup> Annual "Corey Siebert" Track & Field Invitational \*\*\* Saturday, April 17, 2021

8:30 Coaches Meeting 8:30 am session Warm-Ups

*(In the Shot, Discus, Javelin, Triple & Long Jumps, there will be 4 Attempts / "COVID Pod" Style / No Finals)*

9:00 Pole Vault High Jump Shot Put Long Jump

9:30

10:00 10:00 am session Warm-Ups

10:30 Discus Triple Jump

11:00

11:30 Javelin

12:00

12:30

1:00 Clear Stadium

1:30 Coaches Meeting 1:30 pm session Warm-Ups

*(In the Shot, Discus, Javelin, Triple & Long Jumps, there will be 4 Attempts / "COVID Pod" Style / No Finals)*

2:00 Pole Vault High Jump Shot Put Long Jump

2:30

3:00 3:00 pm session Warm-Ups

3:30 Discus Triple Jump

4:00

4:30 Javelin

5:00

5:30

6:00

6:30

\*17<sup>th</sup> Annual “Corey Siebert” Track & Field Invitational \*\*\* Saturday, April 17, 2021

## NO PRELIMS / ALL RUNNING EVENTS POWER-SEEDED BY ENTRY:

(starting at 9:30pm / rolling schedule)

4x800 Relay (Power Seeded – Heats Against Time)  
110 M Hurdles (Power Seeded – Heats Against Time)  
100 M Dash (Power Seeded – Heats Against Time)  
4x200 Relay (Power Seeded – Heats Against Time)  
1600 M Run (Power Seeded – Heats Against Time)  
4x100 Relay (Power Seeded – Heats Against Time)  
400 M Dash (Power Seeded – Heats Against Time)  
300 M Hurdles (Power Seeded – Heats Against Time)  
800 M Run (Power Seeded – Heats Against Time)  
200 M Dash (Power Seeded – Heats Against Time)  
3200 M Run (Power Seeded – Heats Against Time)  
4x400 Relay (Power Seeded – Heats Against Time)

\*\*\*Lady Throwers (4x100) Relay \*\*\*Novelty Event - Lanes Randomly Assigned - Medals Awarded But Points NOT Scored !!!

## NO PRELIMS / ALL RUNNING EVENTS POWER-SEEDED BY ENTRY:

(starting at 2:30pm / rolling schedule)

4x800 Relay (Power Seeded – Heats Against Time)  
110 M Hurdles (Power Seeded – Heats Against Time)  
100 M Dash (Power Seeded – Heats Against Time)  
4x200 Relay (Power Seeded – Heats Against Time)  
1600 M Run (Power Seeded – Heats Against Time)  
4x100 Relay (Power Seeded – Heats Against Time)  
400 M Dash (Power Seeded – Heats Against Time)  
300 M Hurdles (Power Seeded – Heats Against Time)  
800 M Run (Power Seeded – Heats Against Time)  
200 M Dash (Power Seeded – Heats Against Time)  
3200 M Run (Power Seeded – Heats Against Time)  
4x400 Relay (Power Seeded – Heats Against Time)

\*\*\*Buffalo (4x100) Relay \*\*\*Novelty Event - Lanes Randomly Assigned - Medals Awarded But Points NOT Scored !!!

# 2021 Rockwood Summit Track and Field

## Home Meet COVID-19 Plan

### Social Distancing

- Social distancing is required and 6 feet distance must be applied at all times when not competing
- To maintain social distancing, all teams will be asked to keep to their own assigned team area. See picture at the end of the document.
- Teams should avoid huddles, handshakes, fist bumps, or any unnecessary physical contact.

### Health Screening

- Each head coach will be responsible for a health/temperature screening of their own athletes prior to arriving on campus and shall provide documentation upon arrival.

### Mask Wearing

- Masks must be properly worn by all persons at all times while on campus.
- For athletes, when competing during a race/field event, masks can be placed near the start line/staging area with other personal items/warmups directly before the event begins, and should be put back on immediately after the race/field event attempt.

### Spectators

- The meet will be limited to meet workers, competing athletes, competing team coaches, and meet officials. **No spectators, non-competing athletes, family members, or any unnecessary extra individuals will be allowed to enter the competition area.**

### Hand Sanitizer

- R. Summit will provide hand sanitizer to be placed near the start/finish line in order to promote hand hygiene. Teams are encouraged to bring their own hand sanitizer.

### Competition Equipment

- Teams are responsible for cleaning and sanitizing their own equipment between uses if multiple athletes are using the same implement.

## **Water**

- Teams and individual athletes must bring their own water. Individual athletes may refill their water bottles at the water bottle filler at the water fountain just inside the R. Summit Activities Lobby located behind the press box.

## **Bullpen**

- There will be no bullpen and athletes should report straight to their starting line. While reporting, athletes should stay 6 feet apart.

## **Warmup Area**

- The infield should be used as a warmup area only and not an area for congregation. Only athletes warming up for their specific upcoming event(s) should be allowed in the infield.

## **Team Areas**

- Each team will be assigned an area for their team to congregate. Each coach is expected to ensure that their team is maintaining appropriate social distancing. Please see the photos below to see the overall aerial view of our school as well as our throws area locations and where each team area will be stationed.

## **Additional Items Of Note:**

## **Trainer**

- We will have trainers located on site to address team needs. The trainers station will be located on the stadium field at the East End (scoreboard end) of the field.

## **Concessions**

- Although there will not be a coaches hospitality room this year, we will provide a very limited outdoor concession stand for athletes and coaches that will include bottled water and limited packaged items such as soda, chips, candy and other limited snacks.

## **Buses**

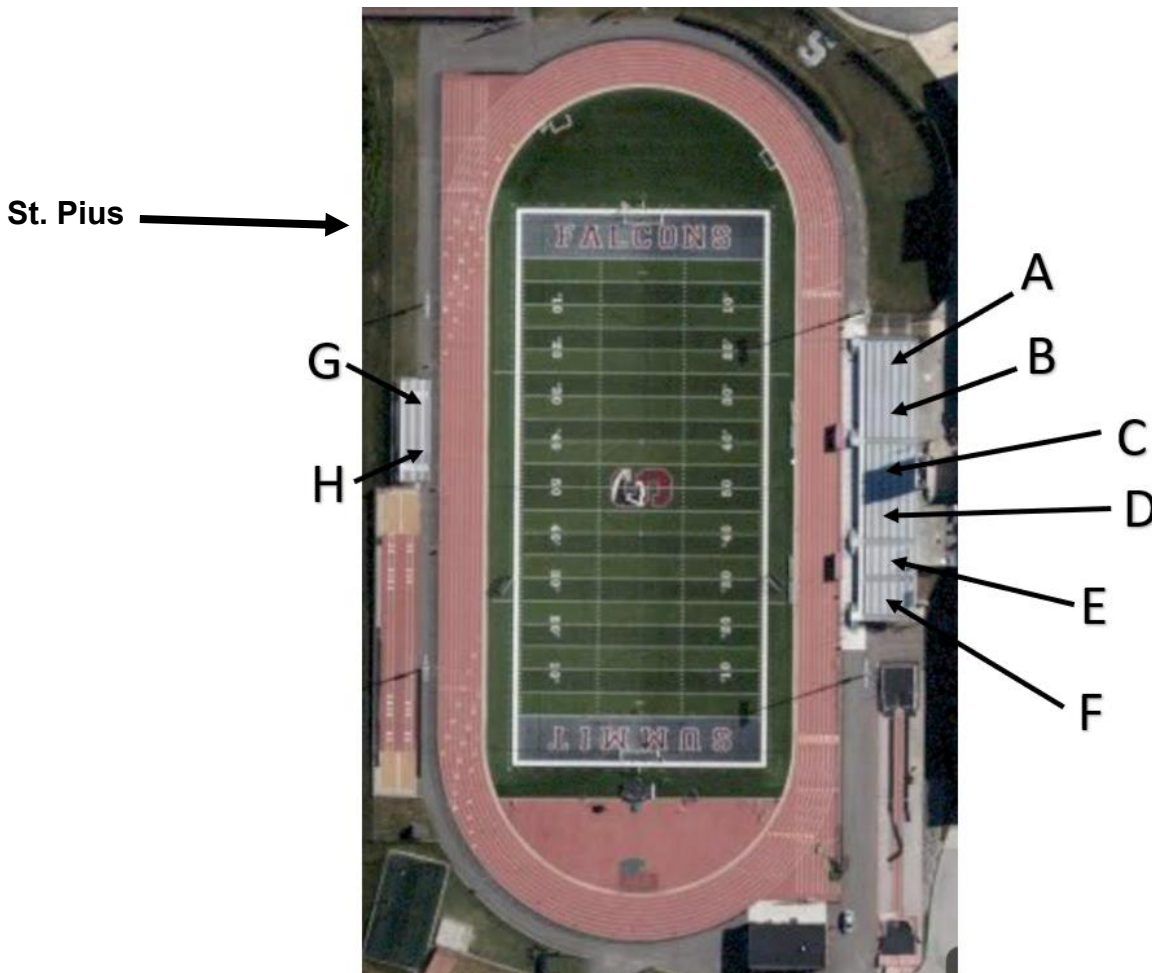
- Athletes may be dropped off at the sidewalk leading into the stadium, however buses will need to then park in the upper parking lot areas nearest the Hawkins Road Entrance.

## Team Arrivals

- As this meet will be hosted in a Split Session Format, (*with girls competing in the morning & boys in the afternoon*) we ask that **GIRLS TEAMS ARRIVE BY 8:30am** and that **BOYS TEAMS DO NOT ARRIVE BEFORE 1:30pm**. Upon conclusion of the Girls Session, ***we will completely clear the stadium*** in preparation for the Boys Session.

## Assigned Team Areas (will be as follows):

	Girls Morning Session	Boys Afternoon Session
• A:	Cardinal Ritter	Cardinal Ritter
• B:	Hazelwood East	SLUH
• C:	Hazelwood West	Hazelwood West
• D:	Kirkwood	Kirkwood
• E:	Lindbergh	Lindbergh
• F:	Northwest (Cedar Hill)	Northwest (Cedar Hill)
• G:	Westminster Cristian Academy	Westminster Cristian Academy
• H:	R Summit	R Summit





THROWS



JAVELIN

DISCUS

SHOT PUT