



St. Louis Suburban Public High School Athletic and Activities Association Girl's Yellow Pool Track and Field Conference Championship Wednesday, May 5th, 2021 at Kirkwood High School

- **Entries/Seeding:** The meet will be run in two divisions, Varsity and JV. Athletes may not cross over divisions. Seniors **are** allowed on JV. **Varsity** – two entries in open events and one entry in relays. **JV** – UNLIMITED.
- **Coaches Meeting:** There will be a Coach's meeting at 3:45pm in bullpen in the infield
- **Scoring:** 10-8-6-5-4-3-2-1
- **Awards:** Trophies to the 1st place teams on JV & Varsity. Medals to the top 5 finishers in each event on JV & Varsity. **Athletes may pick up their medals from the press box after event results have been announced.
- **Track Infield:** Please inform your athletes that they will not be allowed on the infield for any reason other than being in the bullpen or warming up for an event. Athletes will not be allowed to hang out on the track infield. **NO FOOD ON ARTIFICIAL TURF.**
- **Track Surface:** 1/4 inch spikes and below will be allowed on the track and runways. Please plan to use tennis balls on the track. No tape on the track or runways.
- **NO Team Tents unless in the bleachers**
- **Dressing Facilities:** Locker rooms will not be available. Outdoor restrooms will be available and they are located next to the concession stand in the stadium. A that they are not allowed in the school building without permission.
- **NO Concessions:**
- **Medical:** We will have an athletic trainer present at the meet.
- **SPSHSAAA Yellow Pool Conference meet records:**
<http://northwesttrack.org/Suburban%20STL%20Conference%20Yellow%20Records.html>

COVID19 Protocols

Please adhere to the COVID19 protocols found within this information as approved by St. Louis County. When you arrive at the stadium, you will be assigned a place in the bleachers for your team to sit until the specific warm-up is announced or is scheduled.

- Tents in bleachers only
- NO SPECTATORS ALLOWED
- Masks must be worn at all times (NOGATORS). Masks are removed as you report to the starting line or when it is your turn to compete. Please establish a protocol to retrieve a mask(s) at the completion of competition.
- Each school will have a designated place in the bleachers to sit and to remain with the team when not competing or warming up in the designated areas and times. Please do not sit with other teams. First come-first serve.
- Anyone not wearing a mask will not be allowed into the meet that includes athletes, coaches and trainers.
- There will be no concession stands provided.
- Please bring your own water
- No sitting in the infield/All warm-ups done in prescribed areas or outside the stadium at the designated times.
- Each team is required to properly screen their own athletes prior to admittance to any meet.
- Upon completion of all of the athletes' event(s), they should leave the stadium or wait in bleachers if riding back on the team bus.
- Adhere to social distance guidelines for the restrooms.
- No camps in the infield and athletes are discouraged from grouping together at any time during the meet. You will be required to warm-up in the designated warm up area in the infield, during your designated times.
- Additional warm up areas are outside the stadium.



Schedule of Events: Estimated Times – Events may start early if meet is ahead of schedule.

○ **Shot Put, Discus, Javelin** – 4 Throws, No Finals (Varsity) 3 Throws , No Finals (JV)

- 4:15 JV Shot Put
- 4:15 Varsity Discus
- 4:15 JV Javelin
- As soon as JV is completed: Varsity Javelin
- As soon as Varsity is completed: JV Discus
- As soon as JV is completed: Varsity Shot Put

○ **Long Jump, Triple Jump, High Jump, Pole Vault**

- 4:15 Varsity Long Jump 4 Jumps – Cafeteria Style
- 4:15 JV Triple Jump 3 Jumps – Cafeteria Style
- 6:15 Varsity Triple Jump 4 Jumps – Cafeteria Style
- 6:15 JV Long Jump 3 Jumps – Cafeteria Style
- 4:15 JV High Jump (5 Active) Starting Height TBD
- 6:15 Varsity High Jump (5 Active) Starting Height TBD
- 4:15 Varsity Pole Vault (5 Active) Starting Height TBD
- 6:15 JV Pole Vault (5 Active) Starting Height TBD

○ **Track Events**

- 4:15 JV 4 x 800 Meter Relay Heats vs. Time
- Varsity 4 x 800 Meter Relay Heats vs. Time
- 4:45 JV 110 Meter Hurdles Heats vs. Time
- Varsity 110 Meter Hurdles Heats vs. Time
- 5:00 JV 100 Meter Dash Heats vs. Time
- Varsity 100 Meter Dash Heats vs. Time
- 5:15 JV 4 x 200 Meter Relay Heats vs. Time
- Varsity 4 x 200 Meter Relay Heats vs. Time
- 5:40 JV 1600 Meter Run Box Alley Start
- Varsity 1600 Meter Run Box Alley Start
- 6:05 JV 4 x 100 Meter Run Heats vs. Time
- Varsity 4 x 100 Meter Run Heats vs. Time
- 6:20 JV 400 Meter Dash Heats vs. Time
- Varsity 400 Meter Dash Heats vs. Time
- 6:45 JV 300 Meter Hurdles Heats vs. Time
- Varsity 300 Meter Hurdles Heats vs. Time
- 7:15 JV 800 Meter Run Heats vs. Time
- Varsity 800 Meter Run Heats vs. Time
- 7:40 JV 200 Meter Dash Heats vs. Time
- Varsity 200 Meter Dash Heats vs. Time
- 7:50 JV 3200 Meter Run Box Alley Start



- Varsity 3200 Meter Run
- JV 4 x 400 Meter Relay
- Varsity 4 x 400 Meter Relay
- Box Alley Start
- Heats vs. Time
- Heats vs. Time

